

NULEPA LE ZOHKHENHTU PAWL CAAH A THAHNEMMI LAMHRUAITU



DOTHLATTU LUTLAI ZUNG

Illinois Ngakchia le Innchungkhar Riantuanpiaknak Phuthen

A HLEICE IN LUNGLAWMHNAK...

Illinois Zapi Ngandamnak Phuthen;
Haotu James Plunket,
Lombard Meikangh tawltrelnak Phuthen Zapi Fimcawnnak lei Tawltreltu;
Cook County Sii lei Zohfeltu Zung;
Illinois Mei lei Himnak Tuantinak;
Illinois Ngakchia Thihnak Zohfeltu Phu pawl i Chungtel pawl.

Na fale i adang zohkhenhtu pawl caah hi Lamhruaitu i
khawpi pakhat kha nangmah kong tawltreltu (caseworker) kha hal.

Hi catuk chung i himnak lei tuah dingmi pawl kha na fale caah
zohkhenhnak a pe khomi minung pakhat khat sin ah phawzamh hna.

BIAHRAMDOMHNAK

Hringtu nulepa pakhat si cu dotkhat hnu dotkhat tuah dingmi rian pakhat a si. Thlennak pawl cu aho paoh i thannak lei umtuning ah aa telmi an si. Tahchunhnaak ah, a chuakka ngakchia pakhat i a herhmi pawl cu lamkal a thiamka ngakchia pakhat i a herhmi pawl sinin aa dang. Minung pakhat sinak dorhmun le nulepa pakhat dirhmun an pahnih ningin, na than bantuakin thlennak a herh fawn. Ngakchia pawl zohkhenhnaak a sullam cu na caan kha nangmah caah hman penglo tinak a si. Nangmah le nangmah zohkhenh na herh tik caan lawngah, a kal cuahmah mi thil pawl kha na tlaih khawh lai. Atu naa tinhmi pawl phaknak dingah, timhtuahnaak na ngei hirmhrim lai.

Timhtuahmi ngeihnaak phun pakhat cu hmailei kum zeimawzat chungah nangmah le na fale nih zeitindah kal kan hlan lai timi chungkhar lamhmuhsaktu zuk suai kha a si. Hi zuk suaimi ah na fa i adang nulepa, mah nulepa i chungkhat pawl, nan chungkhat pawl le nan hawikom pawl tibantuk nangmah le na fale cah a biapimi adang minung tampi an i tel. A biapimi minung hngalhnak cu na fale himnak le nan lungdaihnaak caah a biapimi a si. Cu ve bantuakin, nangmah kha na fale telhchih in midang pawl nih biapia ah an in chiahmi na si a hau.

Hi lamhruaitu ah nangmah kong tawltreto hi nan tuah dingmi kong aa tel. Hi kong lengah, nangmah kong tawltreto he na phit dingmi Inn Himnak Cheknak cazin nih nan inn i himnak lei tihnun pawl fianternak ah an bawmh lai i, chungkhar hliamhmaputnak pawl le puarhrannak a um zat tlawmter dingah a fawimi lam pawl an in pek lai.

Hi lamhruaitu cu then riat ah then an a si. A hmasat thennak panga nih ngandamnaak le himnak lei kongkau a huap; a donghnaak thennak pathum ah thlaihhlei pawl aa tel: tleirawl nulepa hna caah a hleikhun in thawngthanhmi; zuu le/asilole rit-hai sii hmannak tuanbia a ngeimi nulepa hna caah thawngthanhmi; Duhpiakmi Ngakchia le Tleirawl Zawtkham siichunhnaak pawl i caansuaisamhmi pawl le tha tein tawltreto na ngahnak bawmh dingah a lawngmi nithla reknak. A hmasabik ah lamhruaitu tling tein rel dingah tha kan in pek, sihmanhsehlaw thennak pakhat cio kha adang tein hman khawh an si.

Zaangfahnaak nih hi lamhruaitu cu na fa asilole fale a zohkhenhtu paohpaoh; hawikom pawl, chungkhar pawl, nau umhtu pawl, ngakchia zohkhenhtu pawl, unau/ta le unau/far tibantuk sin ah phawzamh.

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Himnak

INN HIMNAK

Nan inna asilole teihkhaan cu ngakchia pawl caah a himmi si hrimhrim seh. Tahchunhna ah: ngakchia no nih bel pawl kha meipung (stove) in a thlak kho lai maw? Sii pawl cu phak khawh lonak ah chiah an si maw? Meikhu hrim chektu pawl nan ngei maw?

Lamhruaitu i hi thennak nih nangmah le na fale caah nan inn him deuh in umter ning kha a hmuhsak lai. Hi thennak na dih tikah, nan inn le na fa a lenkai tawnnak inn pawl chung himnak chek lim ning kongah ruahnak tha na ngei lai. Nan inn asilole teihkhaan nih meikhu rim chektu a herh ahcun, nangmah kong tawltreitu nih nan umnak meikanghna lei tawltreinak phuthen pehtlaihna in ngahna kha an bawmh lai. Ngakchia pawl nih an tonmi tihnung pawl kha hloh dih ding in a si khawh lo lio ah, cu bantuk tihnung pawl zorternak ah a biapi bikmi pawl chungin pakhat cu theihhngalhna a si.

TI LEI HIMNAK

A sami ti nih ngakchia pawl kha fak taktak in a kangh khawh hna kha na hngal cang maw? A sami ti nih mei bantukin a kang ve. Hihi hrial dingah, aleng ah chiahna in na ti a sami kha thermometer asilole coka in a luangmi asilole tikholhna i timerhna in a luangmi ti tengah muthai thermometer in tah. Ti sa a tahmi rikawt cunglei a kaimi a dir hlan ti a luangmi tengah thermometer kha tlai. Ngakchia kanghna kham dingah ti lumternak seh kha 120° nak tamdeuh lo in chiah ding a si. Ngakchia pawl i vun kha upa vunna in a pan deuh i bawhte pawl le ngakchia no pawl nih 130° Fahrenheit ah sekanh pahra hnu, 140° Fahrenheit a simi ti ah sekanh pakhat hnu, le 149° Fahrenheit a simi ti ah sekanh cheu hnu ah a cheuchum le a dihlak (pahnihna le pathumnak degree) in a kangh hna. **Bawhte tikholhna ti caah a zami a kihlum cu 96.8° le 102.2° Fahrenheit karlak a si.** Ti a kihlum chek hmasat loin na fa kha tikholhna kuang asilole ti a luangmi tengah zeitikhmanh ah chia hlah.

TIKHOLHNA KUANG LE PILNAK PAWL

- Na fa tikholhna kuang i ti cu 100° Fahrenheit hrawng a si awk a si.
- Tikholhna kuang chungah ngakchia chiah hlan ah, na kiu, hliahhlok, asilole kut (kutdong theknak he) kha ti ah cawltreinak hmangin ti a kihlum kha chek.
- Ngakchia cu timerh in a hlatna ah hoihter law tikholhna kuang i khatlei

adonghnak he a naihnak ah ngakchia (*timerhnak in a hlatnak*) kha chia.

- Nangmah kong tawltreitu he, na pilternak i ti a kihlum kha chek. Rian lei Himnak le Ngandamnak Rampumpi Bu (2003) ningin, ti a kihlum cu a sami ti merhnak in, minit pahnih chung ti tlakter buin chiahta nakin, aleng ah tlaihnak asilole ti sa tahmi cunglei a kaimi a dir hlan ti a luangmi tengah muthai thermometer in tah ding a si.
- Na pilternak ti kha 120° Fahrenheit nakin a sat deuh ahcun, ti lumternak seh i thermostat kha a tanglei ah mer law 115° Fahrenheit nak in a sa deuh lo in a rel tiang ti kha chek than. Ti lumternak seh kha nan hman khawh ding a si ahcun, nangmah kong tawltreitu kha thermostat siamremh dingah bawmh hal. Cu lo ahcun, inn ngeitu nih siamremh piak dingin nangmah kong tawltreitu kha fial. Ti a kihlum kha siamremh than a si tikah, a himnak fehter dingah thermometer he ti kha chek than.
- Nang ti kha a sat tuk ahcun, tikholhnak khaan innka kha khar law tikholhnak kuang chung i ngakchia chia hlan ah nangmah bak nih ti chek dingah tikholh caan ah a hlei in i ralring. Harnak siamremh a si hlaan chung paoh, ti kha na chek cang dah ti lo tikholhnak kuang chungah ngakchia no kha aho hmanh chiahter hna hlah.
- **Tikholhnak kuang chungah na fa chia hlan ah tikholhnak ti kha chek zungzal! Cun tikholhnak kuang asilole tidil chungah ngakchia kha amah lawngin ZEITIKHMANH AH kaltaak hlah. Na fale caah zohkhenhnak a pe kho menmi minung pakhat khat sin ah hi kong cu phawzamh hrimhrim hna.**

ADANG KANGHNAK PAWL

- Ngakchia pawl a bikin thla 6 in kum 2 karlak in kanghnaak a cang bikmi cu a sami rawl le coka i a tlemi ahang pawl ruangah an si. Coka pawl cu rawl timtuhah lio ah a hleiin ngakchia pawl caah tihnung an si. Kawfi, lakphakti, ti, rawl, bel le ukang le kuat a bul tibantuk a sami thilti pawl cu ngakchia phaknak chung i cabuai pawl, rawlchuannak hmun pawl asilole meipung plaw cungh zeitikhmanh ah chuahta ding an ding an si lo. Rawl na chuah lio ah na fa kha na cawi pah awk a si lo.
- Rawl na chuah lio ah ruah lo piin meipung kha zeitikhmanh ah kaltaak hlah. Bel le ukang tlaihnak pawl kha a chunglei ah mer buin chia - ngakchia pawl nih bel pawl le ukang pawl kha an cumh khawh asilole an hnuh khawh i anmah le anmah fak piin hliamhma an i put ter khawh. Na fale nih meipung le sarawhnak pawl kha lentecelhnak an si lo kha hngalhter hrimhrim hna.

TI CHUNG PILNAK

- Tilionak tili asilole tikholhnaq kuang i thihnaq ret a sangbikmi ngakchia pawl cu kum khat in kum li karlak an si. Ti chungah asilole pawngah ngakchia kha ruah lo piin **ZEITIKHMANH AH** kaltaaq hlah.
- Bawhte pawl le lamkal a thiamka pawl cu ti tlawmpal te a um zongah an pil.
- Ti tangah hmuh i sii lei thlopnaq a herhmi ngakchia dihlak cu, a tlangpi in 50% hrawng cu an thi hna.
- Tluk zawtnaq le hnuh zawtnaq a ngeimi ngakchia pawl cu adang ngakchia pawlnaq in ti chung pilnaq ah tihnunnaq tamdeuh an ngei aruang cu an umtuning chimchung khawh a si lo caah.
- Ngakchia pawl cu ti pawng an um tikah, tipung asilole thilsuknaq pung tibantuk a puanmi asilole a hmemi dur chung i tlaih an si ko zongah a zungzal in zohfel hrimhrim ding an si. Hman hnu ah tipung pawl le bawhte kholhnaq tidil pawl cu lawnter **PENG**
- Runvennaq le tihnunnaq tlawmternaq cu ngakchia pawl lakah tipil in thihnaq pawl zorter dingah a thahnem bikmi tuahto ning an si.

Na fale caah zohkhenhnaq a pe kho menmi minung pakhat khat sin ah hi kong cu phawzanh hrimhrim hna.

MEI LEI HIMNAK

Meikanghnaq pawl cu tihnung, hrawkraltu, le thihnaq chuahpitu an si; asinain a **tam-u meikanghnaq, meikangh in thihnaq le hliamhma putnaq pawl cu kham khawhmi an si.** Meikanghnaq pawl cu tinung an si, asinain nan inn ah meikanghnaq kham dingah na buah khawh dingmi an um. Hi pawl cu na inn himdeuh in buah dingah na buah khawh dingmi thil cheukhat an si:



MEIKHU DOTHLATTU PAWL NIH NUNNAK PAWL AN KHAM

Na hlanmi a si ahcun, na inngeitu nih meikhu dothlattu an pek a hau. Hihi cu upadi a si.

Meikhu dothlattu pawl nih nunnaq pawl an kham khawh. Na inn i a dot kip le nan fale ihnaq zawn i a lengah rian a tuanmi meikhu dothlattu nan ngeih a hau. I chinchiah, meikangh a tam-u hi zan ah an cang i nangmah le na fale nan i hngilh lio a si bantukin nan hngalh lo caan ah an si.

Meikhu le gas rim pawl an hun chuah tikah, a hngal dingmi meikhu dothlattu

pawl cu siling (ceiling) cungah bunh an hau. A kideng ah bunh ding an si lo aruang cu meikhu cu a kideng lei ah rianrang in an kal lo. Nangmah kong tawltreto asilole nan umnak i meikanghnak lei tawltreto phuthen nih nan meikhu dothlatu pawl bunh dingah a thabik hmun thimnak kha an bawmh khawh lai.

Hmancia mi meikhu dothlatu kha caw hlah! A thar pawl caw le pakhat cio kha kumkhat ah a tlawmbik voi hnih chek hna. A bunh ningcang le dothlatu pakhat cio chek ning hmuhsak dingah nangmah kong tawltreto, nan umnak hmun meikanghnak lei tawltreto phuthen, hawikom asilole chungkhat kha fial hna.

Meikhu Dothlatu pawl nih Nunnak pawl an Kham! Aa ningcangmi bunhnak cu a biapi tuk! A thar, rian a tuanmi meikhu dothlatu pawl kha bunh. Kum khat voi hnih batari pawl thleng, vanpang i taarmi nan suimilam pawl nan thlen tikah - ahmailei ah thawn, a hnulei ah khirh than.

A tlawmbik rian a tuanmi meikhu dothlatu a um lomi inn ah ZEITIKHMANH AH it hlah asilole na fa kha chiata hlah!

MEIKANGHNAK IN ZAAMNAK LEI TIMHLAMHNAK

Nan inn ah mei a kangh ding cu na ruah lo zongah, meikangh in zaamnak lei timhlahmnak ngeihnak hmangin nangmah pum le na innchungkhar kha kham.

- Zaan dingin Timh - A khaan kip in chuahnak ding lam pahnih timhlahm - a bikin ihnak khaan pawl.
- Zuk pakhat zuai - Nangmah kong tawltreto he, zuk suai uh law nan inn in nangmah le na fale chuah ningcang kha cawng uh. Innchungkhar chungtel dihlak nih hi zaamnak ca suaimi kha zoh a hau, Lakhruak thilcang ah inn i na um lo soal ahcun adang innchungkhar chungtel nih inn in na fale chuah dingah hi zaamnak ca suaimi zuk cu innchungkhar chungtel dihlak an zoh a hau.
- Nan i timhlahmhi kha a tak in tuah uh - Zaanak ca suaimi zuk nan ngeih hnu ah, a tlawmbik kum khat ah voi hnih hi timhlahmhi cu a tak in tuah uh. Nan meikhu dothlatu pawl chung i batari pawl na thlen tikah nan i timhlahmhi kha a tak in tuah nan duh kho men, cun vanpang i taarmi nan suimilam pawl nan thlen tikah - ahmailei ah thawn, a hnulei ah khirh than. Meikanghnak taktak a can ahcun, rang taktak in thialkaam dingah nan i timhtuah a hau lai. A tak in tuahmi timhlahm ah aho paoh kha i tel hrimhrim hna seh. Ngakchia dihlak le innchungkhar chungtel pawl himnak fehter dingah innchungkhar chungtel pawl nih zaamnak lam ah a tak in an tuah ding a si.
- Ihnak khaan in a takin tuah - Zaan i minung hna an i hngilh lio ah a tam-u mei kanghnak a chuak. Nan i timhlahmhi ah ihnak hmun dihlak in zaamnak aa tel.
- I chinchiah - Nan i thialn caan paoh ah meikanghnak in zaamnak lei timhlahmnak a thar nan herh lai.

MEI HIMNAK LEI TUAHDINGMI PAWL

- **Meikhu dothlattu pawl bunh law punghmaan tein chek hna.**
- **Elektrik (electricity) kha i ralring** – Sauhchapnak hri pawl telhchih in, a kuaikakmi eletrik hri pawl kha thleng hna. Kawzaw pawl tang in eletrik hri pawl kha kal ter hlah. Sauhchapnak hri pawl cu an hlun kho i meici tete an chuak kho; kawzaw le cabuai thutdan tang ah chiah an si ahcun rang tein mei a kang kho. Hman lio ah meikhu a chuah asilole punghmaan a si lomi rim a chuah ahcun, sehthilri pawl kha thleng hna. Elektrik meitung pawl tamtuk lawmmaam in hmang hlah.
- **Sathau mei nih a kanghmi cungah ti asilole meida kha zeitikhmanh ah hlonh hlah aruang cu a zual lawng a zualter lai!** Cu nak cha cun, mei kha hmih law ukang kha aa keih bakmi a chin in khuh. Lunghrinh caan ah cun, tihnung in khan chuak law 911 chawn.
- **Meilah le meitek pawl cu ngakchia pawl phak khawh lonak ah chia** – Meilah le meitek pawl cu lentecelhnak an si lo kha na fale le cawnpiak hna. Nan innchung i a um kho menmi ngakchia pakhat khat nih phak khawh lonak hmun ah chia. Ngakchia no a ngei bal lomi upa pawl cu meilah le meitek pawl a langhlonak chiah kha an hngal lo kho men. Nangmah a umtimi adang upa nan ngeih ahcun, meilah le meitek pawl kha ngakchia phak khawh lonak ah chiahter hrimhrim hna. Inn chungah meitek chiah hrimhrim na hauh ahcun, ngakchia nih an hmanthiam lomi phun lawng hmang. An hmuhmi meilak asilole meitek pawl kha nangmah an in chimh dingah (*asimain tongh lo!*) fale kha cawnpiak hna.
- **Nan inn chungah daithlang ngaiin kuakzuk ter hna hlah.**
– Kuakzuk lonak in na fale caah zohchuntlak si. Kuakzuknak cu nangmah le na fale caah thawchuahnak le adang har pawl a chuahpi khawh. Kuak a zumi innchungkhar chungtel pawl asilole hawikom pawl cu a leng ah zukte hna. Ihnak chung i kuakzuknak cu tih a nung taktak! A kaang liomi kuak in vutcaam kha ihnak, ihphah, asilole sofa thutdan cung i chantling pawl karlak an tlak ahcun, duh sahsah tete in an kaang kho i nunnak caah tinung a chuak kho.



- **Thialkam khawhmi a lawnnak i chiahmi lumternak seh pawl cu inn chung i meikanghnak a chuahpi biktu an si** – A lawnnak i chiahmi lumternak seh pawl, thing tihmi meipung pawl, fangvoi thlongh cangnak tihmi meipung pawl, le zinan hmanmi lumternak pawl cu cabuai thutdan, vanpang le thlalangawngka zar pawl tibantuk a kaang khomi thili pawl sin in a tlawmbik pe thum (dong khat hrawng) ah chiah ding an si. Puan, thilpuan le catlap tibantuk adang thilri pawl kha lumtertu seh he a hlatnak a himmi hmun ah chiah awh an si. Kangh khawhmi paohpaoh cu lumternak seh he aa pehtlaimi adang thilri pakhat khat kha a pawngkam ah umter lo ding a si. A lawnnak in chiahmi lumternak seh pawl cu nang mah akhaan in na chuah hlan ah phih ta ding an si. A lawnnak i chiahmi lumternak seh he sauhchapnak hri kha hmang hlah!

- **Inn lumter dingah nan coka i meipung kha zeitikhmanh ah hmang hlah.**

NGAKCHIA PAWL CAAH MEI HIMNAK LEI TUAHDINGMI PAWL

Ngakchia pawl nih mei pawl hmangin fak piin fahnak an tong kho asilole an thi kho. Mei lei fimnak a biapitnak kha na fale cawnpiak hna law an no deuh lio in cawnpiaknak kha thawk.

MEIKHU DOTHLATU RALRINPEKNAK PAWL

Na fale cu meikhu dothlatu cheknak ah i tel hrimhrim hna seh, cu ticun meithu dothlatu nih ralrinpeknak caah aw a chuah ning an hngalh lai. Ralrin peknak an theih tikah an tuah dingmi kha theihter hrimhrim hna.

MEILAH PAWL LE MEITEK PAWL

Ngakchia pawl cu mei he zeitikhmanh ah lentecelh ter hna hlah. Ngakchia meikanghnak in thihnak pawl i zatuak sawmli cu meilah pawl le meitek pawl he lentecelhnak he aa pehtlaimi an si. Meikanghnak le kanghnak pawl cu kum 5 in kum 9 karlak ngakchia caah thihnak a chuahpi biktu pathumnak a si. Meilah pawl le Meitek pawl cu tihnung an si kha ngakchia pawl cu cawnpiak hrimhrim ding an si. Ngakchia pawl a tam-u nih a sining hngalhduhnak asilole hneksaknak caah mei he lentecelhnak an ngeih lio ah, cheukhat ngakchia pawl cu an thinlung i a ummi langhter ding asilole tuahsernak in langhtermei bantukin mei kha an hman. Ngakchia dihlak cu mei kha tihnung a si lawng si loin thing dingah a har taktakmi a sinak kong kha cawnpiak hrimhrim ding an si. Ngakchia kha mei nih a kanghmi kongkau ah na lungretheih ahcun, nanmah umnak Meikangh tawrelnak Phuthen sin in tawrel piaktu a thlithupnak ratnak caah Illinois Pine Meikangh tawrelnak Zung Marshal's Mino Mei Akangmi tawrelpiaknak Prokarem (YFSIP) kha 844-689-7882 ah chawn.

NGOL, THLA, LAW RIL

Thilpuan pakhat khat kha ruah lo piin mei nih a kangh ahcun, mei hmihnak i a rangbikmi le a himbikmi cu hmit, thla, law hril!

Na fale he hmit, thla law hril kha a takin tuah uh.

- **Hmit!** Hmit colh; tli hlah!
- **Thla!** Tuang asilole vawlei ah rang tein thla.
- **Hril!** Hmai kha kut in khuh law meizik a dih tiang hril thluahmah.

911 CHAWN!

Ngakchia pawl nih 911 chawnh caan le chawnh ning le chim ding kha hngal hrimhrim hna seh.

Meikangh runvennak le himnak kong tamdeuh hngalhnak caah nangmah le na fale bawmh kha meihmittu pawl le adang mei himnak lei riantuanpiaktu pawl an duh ko. Nan umnak hmun i meihmihnak lei zung i kalnak cu mei he him tein nun ning kong na innchungkhar cawnpiak dingah a thami lam pakhat a si.

THE ABC'S OF SAFE SLEEP

Infants and babies should always sleep
ALONE, ON THEIR BACKS, IN A SAFE CRIB.



October is Safe Sleep Awareness Month

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Illinois Department of
DCFS
Children & Family Services

I HNGILHNAK

An fa hngilhnaak a zohmi nulepa hna caah hmemhnaak caah thil cheukhat an um hna. Sihmanhsehlaw, bawhte i hngilh caan cu thinphang loin um peng a si lo kho men. Vanthat ah, ruah lo piin hngilhnaak he aa pehtlaimi thihnaak asilole SIDS i na fa tihnungnak zorter dingah na tuah khawhmi tuah dingmi pawl an um.

SIDS cu aruang fianter khawh lomi kum 1 nak in a no deuhmi bawhte lakruak le ruahlo piin thihnaak a cangmi kha a si. Khuk khu dawpnaak cu bawhte pawl caah tih a nung taktakmi a si. An cuap a derthawmter hna i lakruak bawhte thihnaak lei zawtnak (SIDS) ah tihnungnak lethnih in a ngeihter hna. A hlei in tuaktaanpiakmi a um dah ti lo cu, nan inn chung khoika hmanh ah aho hmanh nih kuakzu hna hlah seh.

Bawhte pawl cu nauchiahnaak bawm asilole nauthlimnaak bawm chungah anmah lawngin an ih a hau. Upa ihnaak pawl ah a itmi bawhte pawl cu nauchiahnaak bawm pawl chungah a itmi bawhte pawl nak in thawhphihnaak dingah let 20 in a tamdeuh. Na fa kha nauchiahnaak chung i a um lio ah, nauchiahnaak bawm a sirlei ah atung in an um hrimhrim lai; ihphah kha a niamnaak ah a um hrimhrim lai i thalangawngka pawng ah nauhiahnaak bawm cu chiah hrimhrim lo ding a si lai. Thalangawngka zar thingnak pawl le eletrik hri pawl cu ngakchia phak khawh lonak ah an um hrimhrim lai; changtling, a nemmi saram adeu pawl le tunu pawl cu nuachiahnaak bawm chungah chiata hrimhrim lo ding an si. Ngakchia cu hri in temhchihmi pacifer asilole hngawng ah oihmi hri kha zeitikhmanh ah hruk hrimhrim ding a si lo.

Na fa a zohkhenhtu paohpaoh kha cawnpiak hna - innchungkhar chungtel pawl le nau-umhtu dihlak telhchih in - a tang i langhtermi ning pawl in, na fa i SIDS le adang ruah lo piin thihnaak tihnung zorter dingah:

- Na fa kha chikhat hngilhnaak a si zong zan i hngilhnaak a si zong ah ihngilh dingah

a keng lei in chia **PENG**.

- Na fa kha a hakmi ihphah le rek tein a khuh in huhmi he nauthlimnak bawm asilole nauchiahnak bawm tibantuk ah a hakmi iahnak chungah hngilh dingah asilole chikhat hngilh dingah na fa kha chia.
- Na fa i nauchiahnak bawm chungin a kamlei a nemmi chiahmi pawl, a nemmi tunu pawl, chantling pawl, asilole a hmul a tammi puan pawl kha chuah dih hna (*cu ticun a thawchuahnak kha hna a hnawh lai lo*). Pacifer oiahnak hri tibantuk na fa i a hngawng hrawngah ze i thil hmanh chia hlah. Bawhte pawl cu hi ti ning hin an hngawng a dih hna.
- Na fa kha thil tamtuk hruknak, puan tamtuk vorhnak asilole akhaan lumter tuknak he na fa lumter tuk lawmmaan lo ding kha i ralring. Na fa a khaan kha a lum tukin a theih ahcun, akhaan chung i thil umnak dingah pangka kha hmang. Hngilhnak caah aa lawngmi thil hruk law nangmah caah a zami a kihlum ningin akhaan kha chia.
- Na fa kha puan he ih hrimhrim ding a si ahcun a panmi puan hmang law na fa i a hmai i a hlatnak ah chia. Nauchiahnak bawm i a ke lei ah na fa i a ke kha chia, nau i a zak tang i ihphah a sirlei tangah temchihmi puan he. (*Hi nih in ngakchia kha puan chung i taapnak le hngawng dihnak asilole thawhphihnak lei tihnunak kha a tlawmter lai.*)
- Na fa a pawngkam ah kuakzu hlah law nau pawngkam ah midang zong kuakzuk ter hna hlah.

Ih dingah Keng, Lentecelh dingah Paw.

Hi biafang bu nih ngakchia pawl an keng lei in iahnak i a biapitnak le lentecelh dingah an paw lei in chiah ding a si kha a cohlan. Bawhte pawl nih a tlingmi cawlcanghnak ngeih ding le an cunglei takpum pawl thawnnak dingah pawl in lawn caan an ngeih a herh.

ZUALNAK ASILOLE HRILHNAK LEI THIHNAK PAWL

Upa asilole ngakchia cu bawhte cungah an ril kho i bawhte kha thawphih in an umter khawh. Upa asilole ngakchia cu bawhte he an ihti i bawhte cungah an ril tikah zualnak leinak a cang kho tinak a si lem lo, asinain bawhte kha thawphih in a um kho.

- Na innchungkhar chungtel le na fa a zokhenhtu ding kha chim hna, na fa cu nauchiahnak bawm chungah asilole adang a himmi iahnak hmun ah a keng lei in

an chiah hhrimhrim lai. Ihnak, thudan, asilole sofa thutdan cungah bawhte kha adang minung he an ih asilole an zau hmuh a si ahcun, bawhte kha nauchiahnak bawm asilole nauthlimnak bawm ah thial colh.

- Zuu dinak asilole sii-ai dinnak nih pakhat khat kha thu hluahmah in a hngilhter khawh hna i cucu ihnak i nau a it ve tikah a hlei in tihnung a si.
- Bawhte he a it mi pakhat khat nih ruah lo piin bawhte cungah an ril kho i bawhte kha thawphih in an umter khawh men hna.
- Tleirawl pawl cu an mitkuh a thaw khun i fawi tein an i thang lo. Tleirawl nulepa a simi an fale he a ih ahcun, ruah lo piin bawhte cungah an ril kho i bawhte kha thawphih in an umter khawh men hna.
- Ngakchia pawl cu thu thluamah in an i hngilh fawn i an i hngilh lio ah a kenkip ah an i thawn. Cucaah, ngakchia pawl cu bawhte pawl he an ihti awk a si lo aruang cu bawhte cungah an ril kho i bawhte kha thawphih in an umter khawh men hna.

Zeitikhmanh ah na fa he aho hmanh ihter hna lai. Ih dingah na fa cu a nauchiahnak bawm asilole nauthlimnak bawm chungah a hnulei in chia.

I TENH IN THIHNAK

- Thil pahnih karlak i an i tenh tikah bawhte pawl cu thawphih in an um kho i an thi kho. Vanpang ah hngauh in namchih mi ihkhun cung i bawhte ihter lio ah hihi a cang kho. Bawhte pawl cu ihphah le vanpang karlak ah an nal kho i thawphih in an um kho aruang cu chuahnak dingah zalak in thazaang an ngei rih lo.
- Bawhte cu i hngilh dingin sofa thutdan cung zau ter tikah i tenhnak zong a chuak kho fawn. Bawhte cu sofa thutdan i chiahmi chantling phun (cushion) le sofa thudan a karlak ah a ril kho i thawphih in a um kho.

Bawhte pawl cu nauchiahnak bawm asilole nauthlimnak bawm tibantuk a himnak hmun ah ihter peng ding an si.

**Nauchiahnak bawmh asilole inn ah a zami
ihnak pawl nan ngeih lo ahcun, nangmah
kong tawreltu kha theihter colh law nanmah
caah pakhat a ngah ko lai.**

I HAAKNAK

Hot dogs, a hakmi muthai, sap thei pawl, fangvoi puak, a hawng hakmi thei pawl le khohsuai pawl cu i haak in thihnak a chuahpitu bik an si. A hmeme lencecelhnak, a hmeme khairiat bawlung, a hmetukmi pacifier, le balloon a hme tete pawl cu rawl a si lomi i haaknak lei tihnung bik pawl an si.

Kum hnih tang ngakchia pawl cu thilpuan thlainak, thlalangawngka i zarmi thingnak hri pawl, nauchiahnak bawm pawl ah temchihmi hri pawl le thilpuan i pacifier thihchih ah hmanngmi hrin pawl i bah dingah tihnung dirhmun ah an um kho.

- Palasatik zal pawl, thim pawl, kep pawl, tangka pia pawl, balloon pawl, a haarmi asilole a kuai khomi thilri pawl cu ngakchia nih phak khawh lonak hmun ah chiah ding an si.
- Ngakchia no deuh pawl cu dolh awk ah a nganmi, a kuai kho lomi le a zummi asilole a haarmi a umlomi lencecelhnak pawl he lawng lente an i celh ding a si.
- A tlangpiin ngeihmi zulkphung ah, ek-inn i hmanmi paper a kual chungah aa tlummi lencecelhnak paohpaoh cu haak khawhmi tihnung a si.

NGAKCHIA THINNAK IN ACHUAKMI ZAWTNAK (LU VOLHPAMHNAK LEI THINLUNG HMATUARNAK)

Lu Volhpamhnaak lei Thinlung hmatuarnak ti zongin auhmi Ngakchia Thinnak in achuakmi Zawtnak cu bawhte asilole ngakchia no kha fak piin thin tikah a cang khomi a si. Bawhte pawl i hngawng titsa cu an derthawm i an thluak le pehtonhnaak a ngeimi naang pawl cu rawh an fawi i an than cuahmah lio a si. Bawhte cu thin a si tikah, a hakmi luruh chung i thluak kha aa hlok i thluak chungah kuaikahnak, thichuahnak le phinnak a chuahpi.

**ZEITIK HMANH AH, ZEITIK HMANH
AH NA FA KHA THIN HLAH! Na fa a
zohkhenhtu paohpaoh kha na fa thin LO
ding a si kha chim hna.**

Thinmi sinak i a phi bantukin bawhte cu pali chungah pakhat cu an thi. Thin a si ko nain a nungmi bawhte pawl cu thluak rawhnak, hnachehnak, mitcawtnak, zennak, khuatuak khawh lonak, than lonak, asilole adang nun chung hliamhma tuarnak asilole pumtlinlonak an tuar.

Bawhte pakhat zokhenh kha a harmi le lungnuam lo ngaimi a si kho, a hlei in nau a tah caan asilole phunciar in a um caan ah. Lungnuam loin a ummi zohkhenhtu nih a tapmi ngakchia kha a thin khawh men. Bawhte nih nangmah lungnuamh loin umter kha aa tinhmi a si lo, cucaah pumpaak lei khel in i lak hlah. Cunak cha cun, na fa a tah

tikah a tang lei hi tuah i zuam:

- Na fa kha rawltam, cin, lum, asilole kih, zawt, asilole fahnak a ngeih lo kha fehter.
- Na fa kha pacifier pe.
- A zaangmi puan he na fa kha tuam (rek loin) law naih tein tlai.
- Na fa kha cawipi asilole lamkalpi.
- Na kha hlasak piak asilole biaruah.
- Na fa kha ke a ngei leng (stroller) kha cit ter asilole takpum cawinak he lamkal ter.
- A daimi ring-awn phunhpiak.
- Pangka phunhpiak. Bawhte pawl cu a vuak ning in a kalmi aw pawl ngaih an duh theo.
- Na fa kha a ba tukmi asilole hliplau tukin a um tiah na ruah ahcun, a ceumi pawl kha thumh bang hna law tivi asilole redio tibantuk a awthangmi kha phih hna.
- Na lungnuamhnak kong chimh ding, asilole chikhat te zohkhennak chan chung le nangmah chikhat dinhter chung dingah, innchungkhar chungtel, hawikom, asilole innpa kha chawn hna.
- Na fa a tahnak kongah siaherhnak na ngeih rih ahucn, nan ngakchia siibawi asilole innchungkhar thloptu kha chawn.

A caancaan ahcun bawhte pawl cu ruang um lo in an tap sawhsawh. Zeipaohpoah kha na tuah chung dih cang nain nau kha a tah rih ko i lungnuamh loin na um ahcun, nauchiahnak bawm chungah a keng lei in bawhte kha chia, innka khar law chuak daih. A tahmi a ngol hlan asilole nau hlemh dingah na lung dai tein na chiah khawh hlan minit 5 in 10 dan ah nau kha chek. Lungretheihmi na ngeih rih ahcun, na siibawi kha chawn. Na fa caah zohkhenhnak a pe kho menmi minung pakhat khat sin ah hi kong cu phawzamh law na fa a zohkhenhtu paohpaoh nih a tapmi ngakchia zohkhenh dingah lungsaunak ngei hrimhrim seh.

Nau tahnak ngaih kha lungnuamlo taktakmi a si kho. A tapmi na fa caah him tein na zohkhenh tikah na lungsaunak le fale cawnpiaik thiamnak na ngeihmi caah nangmah le nangmah i thangthat kha i chinchiah. Nangmah kong tawlrehtu nih hi casual i khawpi kha an pek lai

Na Fa kha Kuh... Na Fa kha Thin Hlah!

Na fale caah zohkhenhnak a pe kho menmi minung pakhat khat sin ah hi casual cu phawzamh.

NAN INN CHUNGAH TV LE CABUAI THUTDAN TLAKNAK KHA KHAM

Zarh hnih chiar, kum 8 asilole a no deuhmi cu TV, cabuai thutdan pakhat khat, asilole sehthilri nih an cungah tlaknak in a thi. Hi tihnung thilcang pawl cu lamkal a thiamka pawl nih tivi phaknak dingah nuamsaihnak unit pawl, tamhnak thlalang chiahnak pawl, cauk chiah hrawl pawl asilole adang cabuai thutdan cung an kai tikah a cang tawnmi a si. Thilsining cheukhat ah hi nih hin TV asilole cabuai thutdan pakhat khat tlaknak le ngakchia nanhnak kha a chuahti. Hi thilcang pawl cu ngaihchia ngai a si – runven khawhmi a si.

A tang i langhtermi pawl tuahnak in nan inn kha fawi tein nan himter khawh:

- Na cabuai thutdan kha a cawl lomi si hrimhrim ter hna.
- TV a hmetngan asilole a sangniam caah aa keih dingmi cabuai thutdan pawl cungah tivi kha chia.
- TV kha a dirnak i a hmailei in ahnu lei ah a si khawh chungin a hnulei ah dok.
- TV le cabuai thutdan cungin tunu pawl le a langhlat in thinnak pawl (remote controls) tibantuk thilri pawl kha thial hna. Hi thilri pawl nih ngakchia pawl kha kai dingin a lemsoi men hna lai.
- Eletrik hri pawl kha ngakchia phak khawh lonak ah chia law hri pawl he lentecelh lo dingin ngakchia pawl kha cawnpiak hna.
- A si khawh ahcun nuamsaihnak unit pawl, TV dirnak pawl, cauk chiahnak pawl, hrawl pawl le tamhnak thlalang chiahnak pawl cungah thir cangai kha bunh. Vanpang asilole tuang ah thir cangai kha thilchih.

Nan tivi asilole nan cabuai thutdan nih nan fale kha harnak pekter hna hlah. Na fa sinah hihi a cannak in kham dingah atu ah a takin tuah.

THLALANGAWNGKA IN TLAKNAK PAWL

Thlalangawngka onmi le zohkhenhlomi ngakchia pawl fonhnak nih a fakmi hliamhma putnak asilole thihnak a chuahti khawh. Aa ongmi thlalangawngka in ngakcia pawl tlaknak tihunnak cu thal caan lio asilole a lum tik caan paoh ah a hlei in a tam khun. I chinchiah: screen pawl cu thakza pawl chuahternak dingah sermi an si, ngakchia pawl luhnak ding a si lo. Thlalangawngka screen pawl cu ngakchia i a ritzaan tengah fawi tein a um kho i ruahlo piin tlak lei khamnak kha a pek lo.

- Lehmah pali zulhpung: Thlalangawngka kha lehmah pali nak tamdeuh on buin kaltaak hlah. Lehmah pali nak tamdeuh onmi thlalangawngka cu ngakchia pawl caah tihnung a si khomi a si.



- Ngakchia pawl i nauchiahnak bawm pawl, iahnak pawl le adang cabuai thutdan pawl cu aa ongmi thlangawngka in a hlatnak ah thial ding an si. A cawlni ngakchia pawl cu tlaknak dingah tihung an si tawn.
- Thlangawngka khamnak pawl cu bunh ding le hrawh dingah a fawimi an si i a dik ning tein hman tikah tlaknak pawl kha a runven khawh. Thlangawngka dirternak pawl tibantuk khamnak pawl asilole adang himnak lei tuah dingmi pawl hman an si lo ahcun, nulepa le zohkhenhtu pawl nih lehmah pali zullhphung kha zull a hau.



www.kidsandcars.org i ziaza dawh tein thiltuahmi

AMAH TEIN A KALMI HIMNAK

- Mawtaw chung asilole a pawngkam ah bawhte pawl le ngakchia no pawl cu zeitikhmanh ah kaltaak lo ding an si. Bawhte tampi nih a sami mawtaw chungah chiahta nih in kum fatin thihnak asilole hliamhmaputnak an tuar. Bawhte i tangka lumnak a thing khomi tuahto ning cu tlamtling tein tuah a si rih lo i a sami ni ah lumnak nih bawhte kha minit 5 in 10 karlak ah a hnorsuan khawh.
- Tawh on in seh nuntermi asilole engine nuntermi mawtaw chungah bawhte pawl zeitikhmanh ah kaltaak lo ding an si. Bawhte pawl cu carbon monoxide sivai in an thi hna i mawtaw fir lio ah soi lem i adang ah kalpi an rak si.

PUARHRANNAK LEI RUNVENNAK

Puarhrannak cu ngakchia pawl i ngandamnak le himnak fak piin a thihpheihtu a si. Nulepa a tam-u cu an fale kha a puarhrangmi tuahsernak a tongmi sinak in runvennak ding lam pawl cungah an i hmaithlak hna.

Inn ah ngakchia pawl nih an cawnmi cu an nun chung an i ken peng dingmi a si. American Academy of Pediatrics nih mino puarhrannak runvennak bawmh dingah inn ah aa remmi riantuanpiaknak pawl cu a tang i langhtermi kum rup in tuah dingah a duhpiak hna.

(Child Health Data Lab, Children's Memorial Hospital nih American Academy of Pediatrics sin in an i cawnmi):

| Sining thennak | Bawhte sinak/ Ngakchia No (Kum 0-2) | Tuallengsianginn (Kum 3-5) | Sianginn kai a zami Kum (Kum 6-12) | Tleirawl No (Kum 13-16) |
|--|---|---|--|--|
| Tuandeuh Cawmken thanternak | I tlaihchannak le i naihniamnak thanternak | | Zaangfah thiamnak pawl cawmpiak | |
| | Na fa kha carel piak | Hawikomh thiamnak pawl cawmpiak | Thinunnak lei tawrel thiamnak pawl ngeih dingin bawm | |
| | A ngandammi chuahpi unau i hawikomhnak thanter | Punghmaan kum he aa rupmi ziaza kha hngal | Thatnak lei cawlcanghnak pawl caah caantha sunglawi pawl kawl | |
| | Fale he caan hmagti | | | |
| Rikhihmi Chiahnak | Kutke hmangin dantatnak kha hrial | | | |
| | Kum he aa tlakmi dingrepnak ngeihter, thatnak lei ziaza thangthat thiamnak telchih in | Aa tlakmi dinh caan pe | | Aa tlakmi rikhihmi pawl chiahpiak: Mawtaw mawghnak, Rit-ai sii pawl, le Lengchuahterlonak pawl |
| | A thami Ziaza Thangthatnak | Innchungkhar zungphung pawl caah a hramthla | Innchungkhar zullhphung pawl tamter deuh | Thatnak lei ziaza kha hngal |
| Ahrampi Himnak | Ngakchia cu himnak lei ah a tha bakmi ngakchia zohkhenhnak ah um hrimhrim seh: tch. Head-Start, state pre-k | | Ngakchia cu sianginn lei a kal le a tin tikah him hrimhrim seh | Himnak kong kha na fa theihter than |
| | Innchungkhar puarhrannak caah doh law bawmhnak hmu | | | |
| | Puarhrannak loin buaibainak siamremhnak ziaza ngei | | | |
| | Inn chungah meithal chiah hlah. Meithal na ngeih hrimhrim ding asi ahcun, him tein tawh hrenhmi chungah chia, phoih dih law a puak khomi he adang tein tawhhrenhnak ah chia | | | |

MEITHAL PAWL

Puarhrannak lei sualnak caah hmanna lengah, meithal pawl nih inn kiangkap ah himnak lei tihnung taktak an chuaipi khawh. Meithal lei puarhrannak doh in ngakchia pawl runven dingah a thabikmi lam cu inn in meithal vialte hloh dih a si. Nan inn ah "meithal umlo" timi phungphai ngei uh. Mileng pawl kha chim hna "Nangmah cu don na si ko nain na meithal cu a si lo."

Nulepa hna nih inn chungah meithal pakhat asilole tamdeuh chiah a hau bak ko tiah an ruah ahcun, tihnung cheukhat cu a um peng lai. Tihnung pawl tlawmter dingah:

- Meithal vialte cu phoih dih hna law tawhrehnmi bawm chungah him tein fim. Bawm chuahnak hmunnhma kha nulepa lawng nih hngalh le tawh pawl asilole fonhmi kha ngeih a hau.
- Adang tein tawhhrenh mi hmunnhma pawl chungah meithal le a puak khomi pawl cu chia hna.
- Pistol caah, kharnak in dur runven dingah tawh hman, asilole a phelhnak a zang tawhhrenhnak kha hmang; asilole pistol caah, a phelhnak a zang tawhhrenhnak kha hmang. Meithal kha tongtham asilole thianh lio ah, chikhat te a si zongah, ruah lo piin zeitik hmanh ah kaltaak hlah; na mithmunnak ah a um peng ding a si.

Zuu asilole sii-ai a hmangmi pakhat khat nih meithal a tongh tikah, puarhrannak lei tihnunak kha rang taktak in a kai ter.

THILSINING:

- Ngakchia 11 cu ni fatin meithal in an thi.
- Kum thum a simi ngakchia pawl nih meithal tampi i a zang dawh dungah tantinak le thazaang an ngei.
- Kum riat tang ngakchia pawl caah a tak le lencecelhnak meithal pawl thleidan kha a har ngaimi a si.
- Ngakchia lio nunnak dihlak i zatuak sawmnga cu inn ah hartong itimh lomi kahnak in thihnak a cang i zatuak 40 dengmang cu chungkhat asilole hawikom inn ah a cang.
- Meithal pawl cu tleirawl pawl nih mah tein nunnak laknak caah an hmanbikmi thil an si. Mah le mah nunnak laknak cu kum 15–24 karlak chung minung lakah thihnak a chuaipi biktu pathumnak a si. Inn chung i meithal ngeihnak nih tleirawl mah le mah nunnak laknak ah tihnunak a tlawmbik lehnih in a tamter.
- Tleirawl ngakchia tamdeuh cu kokek nih a chuaipimi zawtnak pawl nain meithal in kahnak hma pawl ruangah an thi deuh.

NA FALE I NGANDAMNAK

NGANDAMNAK LEI ZOHKHENHNAK LE LAKHRUAK POIPANG PAWL

Na fale kha an zawt asilole hliamhna an put sual ahcun i tuahtuahnak ngei:

- Fawi tein hmuh khawhnak ah nan siibawi, seekhan le lakhruak thilcang tawltrelnak akhaan i fon nambar pawl kha i chiah hna. Na nambar pawl cu na kutput fon ah chung chia law tikhalkuang innka ah benh. Hihi timhtuahnak ah nangmah kong tawltreltu nih an bawmh lai **A biapimi Fon Nambar Tialmi**. (cahmai 62 zoh).
- Hi nambar pawl cu hi lamhruaitu, cahmai 62 i a hnulei **A biapimi Fon Nambar Tialmi** i a ummi ah telhchih.
- Lakhruak sii lei thilri pawl a hmasat bawmhna thilri kha na kut ah i chiah. Thilri ah aa tel a haumi cu:
 - Thermometer (taklum tahnak)
 - Ngakchia hna i fahnak daihtertu
 - Band-aids (hmatuamnak)
 - Neosporin tibantuk rungrul thahnak i thuhmi
 - Chapiat asilole Bactine

Hi thilri cu ngakchia pawl phak khawh lonak ah chia hna.

- Sivai a ngei kho asilole fahnak a pek kho tiah na ruahmi kha na fale nih a ei asilole a din ahcun, Sivai Thingnak lei Chawnkhawhnak ah lamhmuhsaknak ngahnak caah chawn colh hna, **1-800-222-1222**. Hihi nikhat suimilam 24 onmi man loin chawn khawhnak nambar a si. Lungretheihmi na ngeih rih ahcun, na siibawi kha chawn colh.
- Nau-umhtu asilole zohkhenhtu nih a hngalh a herhmi **a hlei deuh a simi zawtnak** pakhat khat na fa nih a ngei maw? Khuhhrin zawtnak? I ziak lomi pawl?
- **Lakhruak poipang a can sual ah**, na fale asilole nan inn i a ummi adang ngakchia pawl nih aho dah chawn ding le khoika kal ding ti kha an hngal maw? Tahchunhnak ah, innpa inn lei ah thialkaam.

Hi nambar pawl cu hi lamhruaitu i a hnulei **A biapimi Fon Nambar Tialmi** i a ummi ah telhchih.

Zawtnak Alangmi pawl le Hmelchunhnak pawl na hngalh ngaimi an si maw?

- Punghmaan a si lomi tahnak cu hlemh khawh a si lo
- Punghmaan a si lomi ihngilhnak phun pawl – tamtuk asilole tlawmtuk
- Hnap Chuah – punghmaan a si lomi chuahnak, tamtuk chuahnak

- Ek chuah tikah (ek asilole BM) punghmaan a si lomi a rim asilole muici umnak
- Chungtliknak
- Kaa thawt Lonak
- Thawchuahnak lei Harnak pawl - Thawpkihna, Khuhhrin zawtnak
- Luaknak
- A bomi tete chuahnak
- Taklinh
- Khuhnak – Hachionak
- Paw fahnak
- Hnakhaw fahnak
- Zuun (zuunzuun) lio ah fahnak
- Ek (ek chuah) lio ah fahnak

Na fa i zawtkhamnak sii ichunh (chunhmi pawl) bu in a um kha a biapi tuk, hi pawl caah:

- Hmaihmum zawtnak pawl, Biang bawr zawtnak le Rubella (mmr) – thla 12 le kum 4-6
- Diphtheria, Pertussis le Tetanus (dpt) – thla 2, 4, 6 le 15 le kum 4-6
- Polio – thla 2, 4, le 12 le kum 4-6
- Hepatitis b – chuahka le thla 1 le thla 6
- Haemophilus le cumpit phun b (hib) – thla 2, 4, 6 le 12
- Varicella (chickenpox) – thla 12 le kum 4-6
- Tetanus le diphtheria (td) – kum 11-14
- Tuberculosis (tb) cheknak

Thlaihhlei C ah a ummi Duhpiaknak Ngakchia le Tleirawl Zawtkhamnak siichunhmi caan suaisamh pawl zong kha zohfel. Na fa caah zawtkhamnak siichunnak pawl kongah biahal awk na ngeih ahcun nangmah kong tawlrely sin ah chim. Na fale caah **punghmaan siibawi i tonnak pawl kha ngei**. Hal an si tawnmi cu: zarh 2; thla 2, 4, 6, 9, 12 le 18 an si ah, cun mah hnu ah kum fatin, innchung i seekhaan caansuaisamh ning in.

Ngakchia pawl nih punghmaan **haa lei cheknak** ngeih le nikhat voihnih an haa teih kha a biapi.

KHUHHRIN ZAWTNAK KONGKAU I HIMNAK LEI THAWNGTHANH



Khuhhrin zawtnak cu Illinois a ummi nung hna i an zawtnak bak a si. Hihi a fak ngaimi zawtnak a si kho i, vanchiat ah, cheukhat minung cu Khuhhrin zawtnak ruangah an thi hna.

US chung i khuapi dang nak in Chicago ah khuhhrin zawtnak a ngeimi le khuhhrin zawtnak a thimi an tamdeuh. Minung Riantuanpiaknak Phuthen nih a luancia kum nga cio caah Illinois chung i county pakhat cio ah khuhhrin zawtnak in minung an rak thi tiah ripawt a pek. Khuhhrin zawtnak caah damnak a um lo, asinain thing khawhmi zawtnak a si ko. Khuhhrin zawtnak an ngeih ruangah aho hmanh an thi ding a si lo!

Khuhhrin zawtnak cu na thawchuahnak lam a hnorsuang mi caansaupi zawtnak a si. "Khuhhrin zawtnak a chuahpituk" bikmi cu vawlei dip, saram pawl, phihlik pawl, kuak, khuacaan a thlengmi pawl, dur pawl le pangpag chung i ahang pawl an si. Cuap chung i sennak le phinnak nih khuhhrin zawtnak a ngeimi minung pakhat khat kha thawchuah i harh dingin a tuah.

Na fa nih khuhhrin zawtnak a ngei ahcun, a siibawi kha **Khuhhrin zawtnak ca Tuahser dingmi Timhlahmnak** tuahter dingah fial. Cun, *DCFS "Caansaupi Ngandam lonak a ngeimi Ngakchia pawl caah Zohkhenhnak lei Lamhruaitu"* i khawpi ngahnak caah nangmah kong tawltrethu kha fial (Thennak 7 chungah khuhhrin zawtnak kong kha rel). Hi lamhruaitu nih zuunthlum zawtnak, hnuhnak le adang caansaupi ngandam lonak pawl kongkau thawngthanhmi zong a ngei.

THENNAK 2

Tihnunnak in Na Fale Kham Ning



Hi thennak ah na fale na runven khawhnak hna ah a biapimi pawl ka zoh lai. Na fale a zohkhenhmi *minung* kong kha ruat. Cheukhat upa pawl le tleirawl pawl cu ngakchia pawl he umti awk ah an tho lo. Cheukhat cu ngakchia pawl nem tein le zawnruahnak he zohkhenh ning an hngal lo. Cheukhat cu kum hra minung caah an tha kho men, asinain kum hnih minung caah an tha lo kho men. Cheukhat cu a tapmi ngakchia caah a thintawi taktakmi asilole a chiakha taktakmi an si kho men i, ngakchia kha a duhmi thil pawl tuahternak in kham duhnak an ngei kho.

Nulepa i an mangchia bikmi cu nulepa nih an zumh bakmi minung nih fahnak a rak pekmi an fale kawl dingah inn i an rat kha a si. Ngaihchia ngai a simi cu, mah le mah nunnak laknak cu bawhte pawl caah thihnak a chuahpi biktu pahnihnak a si i tuallengsianginn a kaimi pawl caah thihnak a chuahpi biktu pathumnak a si. *Hmuhkhawhnak Ahrampi: Rampumpi huap Ngandamnak lei Cazin khawmhsuatnak Hmun (NCHS)*

Na Zoh Dingah Minung Pakhat Thim Tikah Ruah Dingmi Biahalnak pawl:

- Ka fa cu hi minung nih a zoh duh lai maw?
- Na chuah hlan ah na fale kha hi minung he an umti lio ah na fale kha zoh dingah caantha na ngei lai maw?
- Ngakchia pawl nih hnahnawhnak an pek ahcun hi minung cu a thinhung lai maw?
- Na fa i a kum hrawng ngakchia pawl he um dingah a tha maw?
- Na hngalhmi adang ngakchia pawl zohkhenhnak caah tha tein rian a rak tuan maw?
- Na chuah ruangah an thinhun in, ngakchia pawl cu hruhru hranghrang an chawnhbia lai maw?
- Na fale sin ah harnak a tuah kho menmi puarhrannak lei ah tuanbia a rak ngeimi a si maw?
- Ngakchia pawl cu an zohkhenh khawh hna lo ruangah an zohkhenhnak hmun in anmah fale cu an rak thial hna maw?
- Na fale him tein an zohkhenhnak ding hmun a si maw?
- Na fale caah taksa lei in a zohkhenh kho dingmi an (a hlei in kumkhua upadeuh zohkhenhtu pawl) si maw?

Nan inn ah minung pakhat khat na sawm tik hna ah, nangmah le nangmah i hal, hi minung cu:

- Nangmah le na fa he umti tikah aa nuam maw?
- Na fa kong ah a thami thil pawl an chim maw?
- Na fa kha upatnak in an chawn maw?
- Na fa i nifatin cawlcanghnak pawl an hngal maw?

- A thami biafang pawl le tuahsernak pawl hmangin na fa kha lungthin peknak an tuah maw?
- Na fa bia kha ngaihpiak in a ruahmi pawl kha an upat piak maw?
- Aa dangmi kum ah ngakchia pawl nih an tuah khawhmi kha an i fiang maw?
- A puarhrang lomi le takpum zuannak aa tel lomi nunchimnak lei tuahto ning pawl an hmang maw?

Asilole

- A hleihluat in dantatnak caah ngakchia pakhat kha amah lawngin a leng ah a chuah lai maw?
- A hrangmi dingrep phun pawl a hmang maw, asilole thazaang pek phun dah a hman?
- Na fale he caan na hmanti kha a nahchuak maw?
- Na fa nih hnahnawnak a pek ahcun a thinhung lai maw?

Nangmah fahnak petu minung pakhat khat he i pehtlaih in nan um ahcun, na fa fahnak a pe kho men dingin caan tha a um. Na fa kha him tein chia pawl, a bia ngaih piak. Tahnak, tihnak lei ziaza asilole a tak in tuahsernak asilole punghmaan loin daihnak tibantuk, na fa cungah fianter khawh lomi asilole lunghrinhmi hliamkhuainak asilole hliamhma putnak pawl asilole chinchiah tlak thlennak a um le umnak zoh.

AWLOCHONG IN UMMI TAWLRELNAK

- **Na thinhung tuk lio i ding tein khua na ruah khawh lo lio ah, zeidah na tuah lai?**
Na thinhun tikah tuahmi caah timhtuahnak ngei, chikhat a lengah chuah i lamkalnak, takpum cawlnak cheukhat tuahnak, le/asilole bawm awk ah hawikom chawnhnak tibantuk. Na thinhunnak tawlirelnak i thathnemnak a tlawm taktakmi lam cu thil pawl tuah i a hnu ah ngaihchih thanmi lungnuamh lonak ngeih khi a si.
- **I sum khawhlonak ngeih na vun i thawk tikah, zeidah na tuah lai?**
Tuah ding ah a thabikmi cu thil sining chungin dinh i zuam a si. Chikhat rat i ngakchia pawl zohpiak dingah ngakchia pawl adang nulepa, hawikom, asilole chungkhat kha fial hna. Lungdai tein na um hlan tiang nangmah le nangmah zohkhenh dingah caan la.
- **Na lung a daih hnu ah, zeidah na tuah lai?**
Zeidah a rak cang i zeitindah na rak um ning a si kha ruat. Hi harnak tawrel dingah cheukhat lam dang pawl na ruat kho maw? Cheukhat minung cu hihi anmah tein an tuah i adang pawl cu hawikom he harnak pawl kha chimchawnh an herh. Thil umtuning kha a har bak a si ahcun, a fimmi hawikom asilole ruahnak cheuhtu he i chawnhbiak kha a tha deuh men ko lai.

Hmailei ah tuah na duhmi kong kha ruat. Na ruahmi kha zohthan: Thlaihhele A i adonghnak lei i a ummi **A biapimi Fon Nambar Tialmi** ah na tialmi minung chungin pakhat he tuah uh.

Nangmah an bawm khotu dingmi minung asilole riantuanpiaknak na pawngkam ah a um maw?

Hi nambar pawl cu Thlaihhelei A, cahmai 62 i adonghnak ah a ummi **A biapimi Fon Nambar Tialmi** ah telhchih thiamthiam.

BUAIBAINAK PHUN PAWL HRIAL

- **Cheukhat minung, hmunhma asilole inn pawl pawngkam ah harnak pawl asilole caan chia pawl na ngei maw?** Hi dirhmun pawl asilole hmunhma pawl cu na hrial khawh lo ahcun, buaibainak lei lam a hruaimi minung he asilole hmunhma pawl ah na caan hmanmi zat kha na tlawmter khawh lai maw? A caancaan ahcun minung i inn (hlanlio hawikom asilole punghmaan in bia nan i almi innchungkhar chungtel) kha nangmah caah harnak petu an si kho. Hi hmunhma pawl cu nan hrial kho lai maw? Asilole, cuka hmun i na um tikhah na ziaza kha tamdeuh hngalh khawh a si lai maw?
- **Ngakchia pawl he punghmaan in harnak a cannak hmun asilole caan cheukhat an um maw?** Tikhohh caan asilole ih caan tibantuk a caancaan ah ngakhchia pawl cawlcanghnak cheukhat pawl he innchungkhat buaibainak aa thawk kho. Hi bantuk caan pawl kha hngal lo na tintawinak isum ding kha i chinchiah. Tahchunhnak ah, nangmah asilole na fale pakhat paoh thabat caan asilole ingphuan caan ah na fale tikhohh ding kha aa rembik caan a si lo kho men. Lungnuam lo in na um caan ah tikhohhnak khaan pawl kha tih a nungmi hmun an si kho. Thilcang pakhat a rak ummi cu, tikhohh lio ah nulepa kha a thin a rak hung tuk i a fa i alu kha timerhnak ah a rak sukter. Thinhun in na um ahcun, *nangmah tein i dinh caan i pe*. Ngakchia cu tikhohhnak kuang in chuah law a himnak hmun ah chia. Tikhohhnak ah ruah lo piin na fa kha kaltaak **H LAH**.

TUAHTAWNMI PAWL NIH NA FA KHA THADEUH IN UMTHUTNAK A BAWMH MEN LAI

Hngalh ngaimi tuahtawnmi le a fiangmi, aa thlenglomi zulhphung pawl ngeihnak nih na fale i ziaza tawlelnak ah an in bawmh lai. Ngakchia pawl nih an nunnak ah sersiam dingah tha tein lehnak an tuah.

- Punghmaan in rawl serpiak (thawl in dinhmi asilole nu hnuk a simi bawhte pawl cu nikhat ah voi thumnak tamdeuh rawl ei an herh lai).
- Ngakchia pawl caah punghmaan zau caan le ih caan serpiak.
- Zulhphung pawl le lamhmuhsaknak pawl kha thlen chukcho lo in chia, cu ticun na fale nih i ruahchan dingmi an hngalh lai.

Na fa a zohkhenhmi paoh kha na fale caah na hmaanmi caan suaisamhmi pawl he aa khatmi ichiah dingah fial hna. Aa thleng lomi tuahtawnmi pawl he ngakchia pawl nih thadeuh an tuah.

A THAMI ZIAZA THANGTHATNAK

Na fa i ziaza kha hngal law tuah ning khel tein lehnak tuah hrimhrim. Tha tein tlaih thiam i zuam! Na fa a cawlcanghnak ning i lehnak na tuahmi nih hmailei a ziaza sersiamnak a bawmh lai. Zuhlphung pawl le iruahchan dingmi pawla atu le atu aa thlen tikah ngakchia pawl cu an lung a buai. Thlennawnnak umlomi ah a thabikin an cawng i lehnak an tuah.

Na fale nih ziaza tha an ngeih tikah, thangthatnak, kuhnak asilole a hlei deuh in danghnak tibantuk laksawng he thatnak lei a simi thazaang tlunternak kha pe hrimhrim. Na thangthatnak le hngalhpink nih mah bantuk tuahsernak nolh than lengmang dingin thazaang a pek lai.

Thanchonak nganpi an tuah, asilole a hlei in thathnemnak a tuahpitu pakhat khat an tuah ahcun, nangmah le amah lawng caan hmaantinak, muici a phunphun stickter peknak asilole saram zuatnak ah kalpi tibantuk a nuamhter dingmi laksawng a nganpi he na hngalhpink kha langhter. Saram zuatnak, nga zohnak le ngakchia pawl i thilhlun chiahnak inn man loin pal khawhnak cu nan innpa i caruk hmangin ngah khawh a si men lai.

THANNAK LEI DOT PAWL & THINTAWINAK LEI ZIAZA

Nulepa dihlak nih caan khat lio ah tahamang in um cio a si ko! Mah tein ngeihmi phungphai cu a biapimi thiamnak a si i bawmh na herh caan hngalhnak cu aman khiah khawh a si lo.

Na fale he lentecelh tinak, vitamin a ummi rawl pawl peknak, nifatin tuanbia pawl relpiaknak le mitkuh vuai tein hngilhternak tibantuk, cheukhat a fawimi cawlcanghnak ngeihtinak hmangin, na fa i a thluak le takpum ningcang tein thannak na bawmh khawh hrimhrim lai.

Cheukhat bawhte pawl cu pehzulh in an tap; tuah dingin chimhmi paohpaoh kha kum hnih a simi nih “no” tiah an chim theo. Na fa i a kum caah punghmaan a simi kha na hngalh tikah lungdai in um le lungrawh lo in um kha a fawi deuh. Na fa i a ziaza cheukhat pawl kongah na lungretheih ahcun, nangmah kong tawlreltu he ziaza le na lungretheihmi kong kha i ceihmai uh law hmailei cheknak lio ah na fa i a siibawi sin ah chim hrimhrim.

Cucaah, cheukhat kumkhua le thanchonak lei a dotdot pawl ah zaidah na fale caah punghmaan a si? A tang i thennak nih i zuam khawhmi le a harmi ziaza pawl hngalhnak an bawmh khawh men, asinain punghmaan an si ko. Hi nih hin na fale nih an langhter mi ziaza pawl cu ngakchia dihlak langhter ciomi a si i a punghmaanmi le a ngandammi a si hngalh dingah a bawmh kho men.

Ngol dingah i chinchiah law na herh tiah na ruah ahcun bawmhknak ngah. Tahamang in na um i na fa kha fahnak a pe dingmi na lawh ahcun, ngol law nem tein a keng lei in chia, cun a himmi le bochantlakmi zohkhenhtu sin in bawmhknak ngah.

LUNGRAWHNAK PASARIH (*Hnahnawhnaak, Nihchuak sinak, Thabatnak, Molhnaak*) **NGAKCHIA THANCHONAK LEI DOT PAWL... LE TAWLREL NINGCANG!**

Tawlrel dingah nulepa paohpaoh nih a har deuhmi thanchonak lei a dotdot pawl pasarih hna cu saupi tahnak, zan i hlauhnaak, thennak lei thinphannaak, punghmaan dothlatnak lei ziaza, punghmaan thatlonak in khuahmuhnaak, punghmaan kaa thawt lonak, le ek-inn hmannaak cawnpiakmi duh lonak. Tihnung bak a simi innchungkhar i a ummi ngakchia caah, hi sualnaak ngeilo tuahsernak pawl nih tihnung an si ter khawh asilole thihnaak a chuahpitu volhpamhnaak hmanh a chuahpi khawh. (*Schmitt, 421*). *Lungrawhnaak Pasarih (hnahnawhnaak/ nihchuak sinak / thabatnak / molhnaak) Ngakchia Thanchonak lei Dot pawl...le tawlrel ningcang!* cu hi bantuk volhpamhnaak phun pawl tlawmter ding ser a rak si.

Na herh tikah bawmh hal! Na thinhun tikah asilole na fa kha fahnaak na pek khawh men tiah na ruah tikah adang lei ah kal.

Hi kong cu Dr. Barton D. Schmitt i cabia cungah aa hngatmi a si: *Ngakchia nunnak A Thihtertut Sualnaak Pasarih A harmi Thannaak lei A dotdot pawl kong Nulepa Chimhnaak*. Hi cabia i khawpi cu Ngakchia Volhpamhnaak & Daithlanhnaak Cazual, Volume 11, Issue 3, 1987, Cahmai 421-432 ah hmuh khawh a si.



COLIC (BAWHTA SAUPI TAHNAK)

Zarh tlawmpal in thla 3 tiang, bawhte pawl cu aruang um loin an phunciar i an tap. Hi bantuk hin ngol loin a tlawmmit minit 20 asilole a tambik suimilam 2 (asilole tamdeuh) chung an um kho men. Nangmah le nangmah na hal khawhmi cu, "zeiruang dah a tahmi hi a ngol hnga lo?"

Zeiruang ah? A dikthlir in ahohmanh nih an hngal lo. Zohkhenhtu nih bawhte i a tlangpi a duhmi a tlinh ko zongah (rawlpek ko, a diaper a ro ko, tbk), a fiangmi ruang um loin bawhte cu a tap kho men. Pumpak tuah hnawhmi ah ruat hlah; na fa cu a ingchiatmi le a phunciar sawhsawhmi a si. Phunciar in na um caan kha ruat. Bawhte pawl cu phunciar in an um fawn, asinain hi lio caah ah an thanchonak langhter dingah an hngalhami lam pakhat te cu tah hi a si.

Hihi punghmaan a si maw? A si! Bawhte 10 in 15% cu an paw fak.

Zeidah ka tuah khawh? Na fa aa hngilhnaak ah muainak, hlemhnaak, hlawknaak, asilole thuinak tibantuk hla vuak ning in cawlcanghmi pawl he na bawmh khawh. Tahamang in na um ahcun, khaan dang kal law na fa kha tahter ko. Hihi tuah lio ah, siarem tein um i zuam law na thaw fakpin chuah. Na bawmh ningcang kha minung sin ah chim. Na fa a tahmi kha punghmaan a si le thil nangmah le nangmah theihternak i tuah than law.

Zeidah ka tuah lo awk a si? Nulepa kha thinphan in um, zai asilole nau kha hruhru hranghrang in tonghtham tikah harnak kha a zuar kho. Cun, tahnak kha pumpak tuah hnawhmi ah ruat hlah; na fa cu a ingchiatmi le a phunciar sawhsawhmi a si. Na fa kha tamtuk in rawl pe hlah. A tapmi bawhte kha a rawltam peng tinak a si lo. Bawhte cu a khim tukmi cu upa a khim tukmi siarem lo in a um bantukin a um (na khim hnu i na umtuning, rawl khim hnu i khamphal caah a thlummi ei ca hmanh paw a lawn ti lo kha ruat!).



ZAN A TAPMI CA CAWNPYAKNAK

Thla 4 asilole upadeuh an si ah, cheukhat bawhte pawl cu mitkuh cim tein an i hngilh ko zongah aruang um loin tah buin a hung tho hna. Dinh na vun i timh lio i na fa tah aw nih zantim ah an thangh tikah, tlawmpal (asilole tampi) a molhmi na lo men lai!

Zeiruung ah? Thla 4 hlan ah, bawhte pawl cu suimilam 2 danah rawlpek an si. Hihi an tuah lengmangmi ah a cangmi a si. Na hngalh bantukin (asilole na hmuh dingmi a si bantukin!) thla 4 hnu ah, bawhte pawl cu atu le atu herh an herh ti lo. Sihmanhsehlaw, rawl ei dingah suimilam pahnih dan ah thanghnaak cu buar dingah a harmi a si, cucaah bawhte pawl cu pehzulh in i thang hna seh.

Hihi punghmaan a si maw? A si! Bawhte pawl cu caan suaisamhpiakmi a thar ningin um kha an i harh theo tawn. Asinain midang pawl bantukin, adonghnaak ahcun hi dirhmun cu an lonh ko lai.

Zeidah ka tuah khawh? Aa thangh lio ah na fa cu nauchiahnaak bawm chungah chia, cu ticun nauchiahnaak bawm chungah aa hngilh tawn lai. Zan 10 p.m. le zingka 6 a.m. karlak ah na fa kha a tlawm khawh chung tlawm in chawnhbiaknaak ngei. Hihi a sullam cu, a si khawh ahcun, hi lio caan pawl ah na fa kha ihnak in na la lai lo tinak a si. Hi lio caan pawl ah aa thangh ahcun:

1. Minit panga hngak.
2. Minit panga hnu ah, na fa kha a tah rih ahcun, hlemhnaak dingah minit pakhat asilole tlawmdeuh tuah than, asinain nauchiahnaak bawm chungin nau kha la hlah.

Zeidah ka tuah lo awk a si? Chun ah saupi hngilhther dingah a tang ah thum hlah. Nulepa kha thinphan in um, zai asilole nau kha hruhru hranghrang in tonghtham tikah saupi tahnak he harnak kha a zuar kho – cu caah nemtein in le lungdai tein um.



THENNAK LEI THINPHANNAK

Thla 6 in kum 2½ karlak, cheukhat lamkal a thiamkami pawl cu i benh an hman tuk kho men. Thla 6 le 16 karlak cu an nulepa an mithmuhnak i an um lo ahcun an lau kho men – nulepa kha inn chung i an um ko zong ah. Kum 2½ an si tiang, zohkhenhtu a thar asilole hngalh

tuk lomi he kaltaak tikah an thinhung kho men. Hi bantuk ziaza cu thaba a si kho i nulepa nih tawltel dingah tlawmpal hnahnawk a si kho.

Zeiruang ah? Thla 6 hrawng hlan ah, bawhte pakhat nih a nulepa a hmuh lo tikah, a phunzai lo aruang bawhte nih zeipaoh kha an hmuh lo i zeipaoh kha an caah a um lo. Thla 6 hrawng hnu ah, a ralchanhmi thil a cang. Hi lio caan i an thanchonak ah, bawhte pawl nih an nulepa (a zungzal in anmah he a umtimi) an um lo kha an hngalh. Hi nih hin tihphang le thinphang in a umter hna.

Hihi punghmaan a si maw? A si!

Zeidah ka tuah khawh? A si khawh ahcun, i thup in kawlm i tibantuk adang tein umnak lei kem pawl kha i celh uh. Adang tein umnak pawl kha a tak in tuah uh. Na kha a hngalhmi, a dawtmi le voi tampi a hmuhmi minung pakhat khat he kaltaak. Na fa kha kaltaak na herh ahcun, na kalnak ding kon le na raka kir thannak ding ko kha fiang tein chim.

Zeidah ka tuah lo awk a si? Na fa kha a umtu ruangah dantat hlah. Hi nih hin tihphang deuh in a umter hna. Na fa kha zohkhenhtu he na kaltaak tikah, a thli tein chuak hlah. Caan tampi la, cu ticun na kal kha an in hmuh khawh lai.



PUNGHMAAN THISINING HLATHLAINAK LEI ZIAZA

Kum 1 le upadeuh a simi ngakchia pawl cu a caancaan ah an paw in an lawn asilole lam an kal i a si khomi paohpaoh kha an tongh i cu hna he lente an i celh. Dai tein a um kho dingmi an lo bak lo. Na fa a cawlnak kip paoh i him tein umter dingin zoh peng kha na caah zuamcawhnaak a si kho.

Zeiruang ah? Hi kum lio ah hin, bawhte pawl cu thil hngalh an duh tuk lio a si. An pawngkam i an nulepa zalong tein lam an kal an hmuh i atu cu anmah tein an tuah khawh cang. An hngalhmi cu anmah caah cu vawlei dihlak hi dothlat awk in a um.

Hihhi punghmaan a si maw? A si! Na fa nih a phak khawhna hmun i a ummi paohpaoh tongh le anmah he lencecelh a duhmi kha punghmaan a si ko.

Zeidah ka tuah khawh? Bawhte himternak! Tihnung a si khomi thil pawl kha zoh hna. Hliamhma putnak a chuahter khomi hmunnhma pawl kha phih hna – coka, a lawngmi lumternak, asilole hlei hlak pawl tibantuk. Na fa caah dothlat dingah a himmi hmunnhma ser i zuam law, cu hnu ah zalong tein thlah hna! Na fa naihniam nih na zohfel khawh lonak hmun i pakhat khat na tuah tikah (rawlchuan asilole tikhohh tibantuk), lencecelhna bawm chungah na fa kha chia.

Zeidah ka tuah lo awk a si? Na fa nih dothlatnak a tuah lio ah thinhun lo kha i zuam. Na fa hliamhma a put ter khawh menmi thilri pawl kha a pawngkam ah chiata hlah, kuakzunkak caah hmanmi thilri pawl, thianhna khemikal pawl (chemicals), phazawngnd le thlalang hrai tibantuk.



PUNGHMAAN RAWLEI KAATHAWTNAK THLENNAK PAWL

Ngakchia tampi cu punghmaang in thla 18 le kum 3 karlak an si ah rawlei kathawtnak a tla tawn. Hi kum hrawng a simi ngakchia cheukhat cu chunnitlak a hmemi eisupsap pawl ei an duh asilole ruah lo piin an phunciar kho men. A

caancaan ahcun a luancia zarh i an rak duhbikmi thil kha atu zarh ah 'athaw lomi' a si. Na fa a zia aa thlengmi pawl kha thaba ngai a si komi i in khawh i zuam.

RALRIN PEKNAK

I haaknak cu kutdong nih rawlpek le cabuai ah anmah tein rawl an ei tikah a cang kho, cucaah an ei lio ah ngakchia pawl dairek in zohkhenh kha a biapi. Lamkal a thiamka pawk caah rawl kha a hmetete in na riam khawh, spaghetti le khoksui pawl telhchih in. "Kum 5 tang ngakchia pawl nih a hmemi, a pummi asilole a hakmi rawl, hot dogs, cheese fung in thilmi asilole a tlang, a hakmi muthai, ahawng hakmi thei, sap thei, marshmallows asilole fangvoi puah telhchih in an ei ding a si lo."¹ Ngakchia no nih hi rawl pawl cu an ei ding a si lo aruang cu an "hromhrawl (thli kalnak) asilole thawchuahnak peng kha ti dawpna peng a hmete tia hrawng a si,"² cu nih cun ngakchia i haaknak lam a tamter.

¹ Vawlei cung huap Ahimmi Ngakchia pawl (2016). I haaknak le hngawng dihnak. Vawlei cung huap Ahimmi Ngakchia pawl. Lakhannak https://www.safekids.org/safetytips/field_risks/choking-and-strangulation

² New York Pine Ngandamnak Phuthen (2017). Hngakchia pawl caah i haaknak lei runvennak. Ngandamnak Phuthen. Lakhannak

https://www.health.ny.gov/prevention/injury_prevention/choking_prevention_for_children.htm

Zeiruang ah? Kum 2 an si ah, punghmaan ngakchia pawl cu bawhte an rak si lio nakin tlawmdeuh an ei. Hihi aruang cu kum 2 an si ah hlanlio bantuikin rang tein an thang lo i cucaah voidang bantuikin an ei a herh lonak a si.

Hihi punghmaan a si maw? A si!

Zeidah ka tuah khawh? Rawlei caan kha nuam tein hmanh uh. Na fa bia kha ngaihpiak law a duhdeuhmi rawl pawl kha kawlpiaq hna. Na fa kha banhla cheumi asilole changreu rawhmi a hmete cheumi tibantuk kutdong in tlaih khawhmi rawl asilole anmah tein an ei khawh cabuai ah chiahpiaqmi rawl pawl pek kha i zuam. Na fa kha a der tuk tiah na ruah ahcun, ruahnak hal awk ah na siibawi kha chawn.

Zeidah ka tuah lo awk a si? Na fa i ziaza kha pumpak ti hrammi ah ruat hlah. Na fa nih an dawt lo ruangah rawlei duh lo in a um kha a si lo. Na fa kha a rawltam lo lio ah rawlei dingah hnek hlah asilole aman phalh in eiter hlah. Na fa nih amah tein rawlei ning a thiam tikah, rawl pe ti hlah. Na fa kha rawl na pek i aa lak lo ahcun, rawl kha chia chung rih ko law ahnu deuh ah pe than teh.



EK-INN HMANNAK CAWNPIAKMI DUH LONAK

A caancaan ahcun na fa lamkal a thiamka mi ek-nak dur hman ter kha a fakmi a si kho. Cheukhat ngakchia pawl cu ek-nak dur hman duh nain cheukhat pawl cu acung i thut hmanh an duh lo. Hi duhlonak hi thla 18 le kum 3 karlak ah a cang khomi a si.

Zeiruang ah? Ek-nak dur hmannaq cu thlennak nganpi a si i ngakchia pawl cu thilthar tuahtermi ah thlen ah an i harh. Na fa i a nunnak lamthluan dihlak, diaper a rak hman. Na fa nih hi a thar thlennak tuahto dingah caan a herh.

Hihi punghmaan a si maw? A si! Ek-nak dur hman dingah ngakchia pakhat a siarem ding caan caah kum rikhiaqmi a um lo. Kutpi i zulhpung pakhat bantuikin, ngakchia pakhat cu kum 3 asilole 4 a si kha cawnpiaq a si tawn i chun caan ah ro tein a um khawh hnu thla 6 in kum khat chung cu zaan caan kha ruah lo piin zuuncehnaq an ngeih kho men. Ngakchia pa pawl cu ihnak i zuuncehnaq ngol dingah caansau deuh an rau kho men. Ek-inn hmannaq cawnpiaqnaq ngakchia pawl cu lungnuamh loin an um caan ah an zuun an i ceh kho men fawn i an tuah ahcun mah le mah izumhnaq le bawmh an herh. Na fa i ek-inn hmannaq cawnpiaqnaq kongah siaherhnaq na ngeih rih ahcun, nan ngakchia siibawi kha chawn.

Zeidah ka tuah khawh? Ek-nak dur hmannaq in na fa nih a tuah ding kha bawm. Ek-nak dur hman kha i nuam seh. Tuahser caan he tuahtinak vialte cu thangthat awk an si. Ruah lo piin thilcang pawl kongah zawnruahnaq ngei. Hlawhtlinnaq caah laksawng pe. Na fa nih amah tein siarem tein a um khawh caan pawl kha zohpiaq. Mah caan pawl cu a naih tikah, ek-nak dur ah na fa kha kalter law hman dingah forh. Bawngbi ro tein i hruk le ek-

nak dur hman kha a thadeuhmi a si kha fiang tein chim.

Zeidah ka tuah lo awk a si? Na fa kha "No" timi dirhmun i a um ahcun cawnpiak hram thawk hlah - Rian a tuan lai lo. Lakhruak thilcang pawl kha na fa i 'nangmah kirthnak' ah a tuahmi asilole hrhuru hranghrang in a tuahmi ah ruat hlah. An si lo. Lakhruak thilcang pawl cu lakhruak thilcang bak an si ko. Lakhruak thilcang a tong tikah na fa kha sik hlah asilole dantat hlah, lakhruak thilcang kha thiangh dingin nangmah caah hnahnok a si ko zong ah.



PUNGHMAAN THATLONAK LEI IN HMUHNAK

Hi duhlonak hi thla 16 le kum 3 karlak ah a cang khomi a si. Duh, a tampi in. Hihi tampi an tuah i biahalmi paohpaoh kha aho nih hal zongah zeibantuk hal a si zongah, 'No' tiah ruah awk phun in an chim.

Zeiruung ah? Hi kum a si ah, na fa nih amah tein khuaruah khawhnaak a ngeih khawh kha fian hram a thawk.

Hihi pughmaan a si maw? A si! Hihi cu na fa nih mah tein biakhiahnaak ah aa zuamnak pawl ah a biapi i a ngandammi tuah dingmi dot a si i 'No' tinak a si peng lo. A caancaan ah cun, ngakchia nih 'No' a timi a sullam cu 'Ka tuah lai maw? Asilole 'Zeiruung ah' ti duh a si.

Zeidah ka tuah khawh? Na fa kha luatnak le thingnak a ngeihmi karhter dingah a hlei in thim pawl le adang pawl kha pe. Tahchunhnaak ah, ih caan ah rel dingmi cauk kha amah thimter; asilole eisupsap ei caan ah na fa kha thim ter. Halnak na tuahmi pawl ah a dawhmi biafang pawl hman i zuam. Tahchunhnaak ah, na fa kha a ihnak thlen na duh ahcun, 'Na ihnak thlen ah a tha, asilole adang in chim!' tibantuk pakhat khat phun in chim ai-ah 'Ihnak thleng usih!' tiah chim.

Zeidah ka tuah lo awk a si? Na fa i a ziaza kha fak tukin la hlah asilole pumpak tihram mi in la hlah. Na fa nih hrhuru hranghrang in asilole upat loin 'No' tiah a chim lo. Na fa nih a zalonnaak kha hman aa zuam i a si. Cun, na fa nih 'No' a ti ruangah dantat hlah. Dantatnak cu na fa nih a chimmi ruangah si loin, a tuahsermi ruang tu ah pek dingmi a si.

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Dothlatu Lutlai Zung, Illinois Ngakchia le Innchungkhar Riantuanpiaknak Phuthen
Tharchuahmi 9/2012

RALRIN PEKNAK

Na fa i ziaza he harnak na ton ahcun, tuahto ning ser ding na ngakchia siibawi he riantuanti uh. Kutke hmangin dantatnak kha thatnak a chuaipimi a si tawn lo. Ralkap phun in dantatnak pawl cu thapek lo an si aruang cu ngakchia pawl caah aa remmi an si lo. Cu pawl nih cun anmah tein lungnuamhlonak ngeihchinnak a chuaipi kho men fawn aruang cu nawlpekmi pawl biangaih lonak bantukin na tuahtermi kha an buah kho lo tiah palh ngai in na buah ruah khawh men.



TOUCH

Holding and cuddling your baby every day makes him feel safe and loved.

- 1 Gently hold your baby's hand or let your baby hold your finger.
- 2 Cradle your baby in your arms, look into your baby's eyes and smile.
- 3 Kiss your baby's forehead.
- 4 Respond sensitively to your baby's cry. This is how he knows he can trust you to be there for him.



You can't spoil your baby.



TALK

Your baby begins to learn sounds and words when she hears your voice.

- 1 Speak softly and gently to your baby – tell her you love her.
- 2 Sing a lullaby when you are putting your baby down to sleep.
- 3 Tell your baby what is happening like, "Now I'm going to change your diaper."
- 4 Repeat familiar terms like body parts during bath time.



Speaking to your baby in at least 5-word sentences will help her learn more words.



READ

Reading to your baby now will greatly improve his reading and writing later.

- 1 Read a favorite story to your baby at the same time each day.
- 2 If you don't like to read, just pick up any book or magazine and talk about the pictures.
- 3 Give your baby a few books that are safe to hold and explore.
- 4 Use a playful or sing-song voice when you read to your baby.



Reading to your baby is a proven factor for kindergarten readiness.



PLAY

Even simple games help build your baby's future problem-solving and creative thinking skills.

- 1 Play "peek-a-boo" with your baby.
- 2 Crawl on the floor and play "chase."
- 3 Dance to playful music together.
- 4 Give your baby a rattle or other baby toy that makes noise. Even pots and pans can be fun!



Unstructured play improves your baby's attention span.



DOTHLATTU LUTLAI ZUNG
Illinois Ngakchia le Imchungkhar Riantuanpiaknak Phuthen



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600 Jefferson, Memphis, TN 38105
www.urbanchildinstitute.org
@urbanchildinst
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NUPA SINAK TUAHNAK LEI ZIAZA AHMANGMI NGAKCHIA PAWL

Ngakchia a tam-u cu kum 13 hlan ah a tlawmbik nulepa sinak cheukhat tuahsernak pawl an tuah cang. Punghmaan nupa sinak tuah lei lencecelhna ah hin anmah takpum lila cheknak asilole lencecelhti hawi i takpum zohnak le tonghna in asilole "siibawi tuan timi lencecelhna" timi hmanna aa tel.

- Na fa nih amah takpum hlathlainak a tuah na hmuh ahcun, a ngandammi, kokek in nulepa sinak lei tuahna dothlatna ngeih kha a palh lomi a si kha na fa hngalhter, asinain amah lawngin a um caan mah te lawngin tuah a herh. Cun, biahalna pakhat khat he nangmah sin ah a rat khawh kha na fa nih hngal seh.
- Sihmanhsehlaw, cheukhat nulepa sinak tuahna lei ziaza pawl, cu ngakchia pawl caah aa dawhcah lo i tha tein a karlak luh in riantuanpiak a herh men lai. Lungretheihmi asilole biahal awk pakhat khat na ngeih ahcun, nangmah kong tawlreltu he i ceihmai uh.
- Ngakchia pakhat nih aa dawhcah lomi nupa sinak tuahna lei ziaza a tuah ahcun, an fa kha nupa sinak ningcang loin tuahpi a tong tiah nulepa nih an thinphang theo tawn. Hih i a takin a si khawh lio ah, a cang taktak a si peng lo.
- Sii-ai hman in a ummi sin ah phorzarnak a ngeimi ngakchia pawl nih nupa sinak tuahna lei ziaza ah zalong tein aa teltummi upa he tonnak an rak ngei kho men. Nupa sinak tuahna lei ziaza ahmangmi ngakchia pawl cu an rak hmuhmi i zohchunh in an tuahmi a si kho men.
- Cun, nupa sinak ningcang loin rak tuahpimi minung dihlak volhpamhtu an cang timi cu a dik lomi a si. Cheukhat nih an tuah lio ah, a tam-u nih an tuah lo.
- Na fa i nupa sinak tuahna lei lencecelhna kongkau ah siherhmi na ngeih, asilole na fa nih ningcang lin tongh a tong tiah na ruah ahcun, na fa i a siibawi kha chimchawn asilole tuandeuh fimcawnnak pehtlaih asilole ngakchia i thinlung thlopnak lei thiamsang kha pehtlaih.

A KHULNUARMI ASILOLE ATLAIMI NGAKCHIA

Cheukhat ngakchia pawl cu cawnnak ah harnak pawl an tong (sianginn nih hi pawl cu cawnnak lei ah pum tlinglo pawl tiah an auh men lai) i cheukhat ngakchia pawl cu nuar deuh in an thango. Ngakchia pawl cu aa dang liangluangmi ning in an thango i, cucu punghmaan a si ko. Na fa nih na lamhruainak pawl a zuhl lo ahcun, aa fian lo; "a tha lomi" tiah a ruahlo a si kho men. Na fa nih lamhruainak pawl asilole biahalna pawl kha i fian dingah a kumkhua nih a phan kho lo i a si kho men; sihmanhsehlaw:

- Na fa nih cawnnak lei ah chekhat harnak a ngeih ahcun, cu a sullam cu na fa kha "a hrut" tinak a si lo. A sullam cu lungsaunak tamdeuh na hmuhsak a hau tinak a si.
- Nangmah nih a dik ningin na hngalh lomi kha na fa nih adang harnak pawl a ngei

kho men fawn. Adang ngakchia paawl bantukin na da kha khua a hmu lomi asilole khua a thei lomi a lo maw? Hi harnak pawl nih sianginn i na fa a cawnnak cungah hnorsuannak a tuah khawh. Cucaah, na lungretheihmi pawl kong kha na fa i a siibawi na chawnh a herh.

Na fa nih cawnnak ah asilole lungfiannak ah cheukhat harnak a ngei kho men tiah na ruah ahcun, na fa i a kum cungah hngat in, Tuandeuh A Karlak tenh in Riantuanpiaknak Prokarem nih a bawmh khawh lai. Bawmh hmuhkhawhnak ahrampi kongkau ah nangmah kong tawltreto asilole na fa i a siibawi kha hal. Na fa nih a hlei in zohfelnak pawl a herh ahcun na fa i siibawi nih biakhiahnak dingah an bawmh khawh.

TUANDEUH A KARLAK TENH IN RIANTUANPIAKNAK PROKAREM PAWL

TUANDEUH A KARLAK TENH IN RIANTUANPIAKNAK PROKAREM PAWL CU ZEIDAH AN SI?

Tuandeuh A karlak tenh in Riantuanpiaknak Prokarem pawl cu a tlaimi asilole pumtlinglomi ngakchia pawl (kum 0 in 3) nih bawhte le lamkal a thiamka pawl thangchonak lei a herhmi pawl a tang i langthermi hmunhma pawl chungin pakhat asilole tamdeuh an tlinhnak bawmh dingah suaisamhmi a si:

- takpum thanchonak (cawlcanghnak)
- khuaruahnak lei thanchonak (cawnnak)
- pehtlaihnak lei thanchonak (chawnhbiaknak)
- zatlang nun lei asilole thinlung umtuning lei thanchonak (ziaza)
- ningcang tein thanchonak (ngeihmi thiamnak pawl hman)

ZEITINDAH RIANTUANPIAKNAK PAWL CU PEK AN SI?

- Riantuanpiaknak pawl cu inn ah asilole center ah pek khawh a si. Inn lei lenkainak prokarem pawl nih cawnnak a ngeimi minung le nulepa cawnpiknak a pek, nan inn ah lenkainak an tuah, na fa i cawnnak le thannak ah a bawm dingmi cawlcanghnak pawl a ratpi i na fa a thanning na hngalhnak dingah an bawmh.
- A tha bakmi bawhte-lamkal a thiamka zohkhenhnak caah a hrampi prokarem pawl kha cawnnak ngei zungriantuantu le ngakchia le nulepa pawl a bawmmi le naihniam a simi, khualrang in thil a hngal khomi zohkhenhtu a pek hna.

NA FA KHA HI TI HIN A SI TIAH NA RUAH AHCUN:

- thanchonak lei tlainak pawl ah tihnung dirhmun ah a um, asilole
- thanchonak lei tlainak a ngei, asilole
- thanchonak lei tlainak pawl a chuahpi tawnmi takpum lei asilole thinlung lei damlonak a ngei;

- thawngthanhmi le kuatchinmi bawmhnak a hrampi pawl hmuhnak caah
- na ngakchia siibawi chim asilole Ngakchia le Innchungkhar Pehtlaihna (1-888-222-9592) chawn

A thami Tuahdeuh A karlak tenh in riantuanpiaknak Prokarem thimnak bawmhnak caah, an innchungkhar i herhmi pawl a tlinh dingmi prokarem kawlnak ah nangmah bawmh dingin nangin nangmah kong tawltreto asilole ngakchia siibawi kha chimchawn, nan umnak i a thami prokarem kawlnak a tang i langhtermi hmuh khawhnak a hrampi kha hman:

- Ngakchia le innchungkhar Pehtlaihna pawl: www.childandfamilyconnections.org
- DHS Zung Hmunhna langhtertu kha hman: Nan umnak hmun i Tuandeuh Akarlak luh in Riantuanpiaknak Zung kawlnak a tang i langhtermi hmuh khawhnak a hrampi kha hman: www.dhs.state.il.us zoh asilole 1-800-323-GROW (4769) chawn.

SIANGINN KAINAK CAAH NA FALE "TIMHCIA" SITERNAK

Sianginn kainak caah timhcia umnak cu na fa i hmailei a hlawhtlinnak caah tawhfwng pawl chungin pakhat a si. Ngakchia pawl cu hrin an si bak in cawn hram an thawk. Ngakchia i a hmasat bik kum pawl lio ah, holh, cafang, nambar lei thiamnak pawl le adang pawl he thanchonak a hmuh khawh i sianginn kainak caah timhcia umnak kha bawm hna.

Sianginn kai awk caah timhcia a simi ngakchia pawl nih an tuah khawh dingmi cu:

- Lamhruainak pawl zulh
- Cafang chim
- Thinlung i a ummi le khuaruahmi pawl langhter dingah biafang pawl hman
- Tikholhnak khaan ah amah tein kal
- Nulepa hna sin in a hlat i umnak intuar
- Adang ngakchia pawl le upa pawl he umti
- Hawikom pawl ser
- Bawmhnak kha zumhtlakmi upa pakhat hal

Ngakchia kip nih tuandeuh fimcawnnak prokarem pawl in hlokna an hmuh khawh. Na fa cu tuandeuh cawnnak prokarem ah minkhumnak prokarem nih sianginn kainak i timhcia sinak lei a herhmi thiamnak pawl ngeih dingah caantha sunglawi a pek. Dothlatnak pawl nih an langhtermi cu a thami tuallengsianginn propakarem pawl ah minkhumnak a tuahmi ngakchia pawl cu zatlang nun pehtlaihna, camipuai ah hmat tamdeuh hmuhnak, catang hmuhnak tlawmternak, tleirawl naupawinak tlawmternak le tangka hmuhmi tamdeuh nak.¹

¹Barnett, W. S., & Masse, L. N. (2007). Tuandeuh Fimcawnnak Prokarem Pungsan le Sipuazi lei Khirthanmi pawl: Zohti chunmi Amiak- Abecedarian Prokarem i Aman Kherhlainak le Pawlasi Telhchihnak, Fimcawnnak i Sipuazi Zohfelnak, 26(1), 113-125.

TUANDEUH FIMCAWNNAK PROKAREM PAWL

Tuandeu h Fimcawnnak Prokarem pawl nih hmuhma aphunphun ah rian an tuan, cozah le pumpak sianginn pawl, ngakchia zohkhenhnak hmunhma pawl, mibu le zumhnak hrambunh buu pawl telhchih in.

Kum thum cung a simi ngakchia pawl cu Aho paoh caah Tuallengsianginn (Pine Tuallengsianginn) asilole Head Start prokarem ah a tlawmbik nikhat ah acheu kai dingin minkhumhnak an tuah a hau.

Aho paoh caah Tuallengsianginn le Head Start prokarem pawl nih kum 3 le 4 pawl kha sianginn le nunnak ah hlawhtlin dingah an timhtuah hna. Aho paoh caah Tuallengsianginn le Head Start nih a thatmi fimcawnnak prokarem pawl an pek.

- Aho paoh caah Tuallengsianginn cu manlo in nicheu tuallengsianginn kainak prokarem (nikhat ah suimilam 2.5) a si.
- Chunnitlak kaimi prokarem a herhmi nulepa hna nih anmah tangak hmunnak in asilole aa tlakmi an si ahcun ngakchia zohkhenhnak bawmhnak hmangin an fa i sianginn kai ni kha an sauh khawh.
- Head Start phung nih a onhmi sinak cu ramkomh sifahnak lamhmuhsaknak pawl le innchungkhar tangka hmuhmi cungah aa hngatmi a si.
- Head Start nih nicheu le chunnithlak riantuanpiaknak prokarem pawl a pek.
- **Tuandeu h Timhlahmnak Thaw!** Na fa kha kum 3 asilole 4 a si hlan ah nan umnak ah Aho paoh caah Tuallengsianginn le Head Start prokarem pawl zohcia kha a biapi.

Nan innchungkhar i herhmi pawl a tlinh dingmi Head Start asilole Ahopaoh caah Tuallengsinn prokarem kawlnak bawmh dingah nangmah kong tawltreto kha fial, asilole nan umnak i a thami prokarem kawlnak dingah a tang i langhtermi hmuh khawhnak a hrampi kha hmang.

Chicago ah:

- <https://cps.edu/schools/earlychildhood>
Nan umnak hmun i tuallengsianginn prokarem pawl le ngakchia zohkhenhnak hmun pawl cazin pawl

Illinois i khoika hmun paoh ah:

- http://iecam.illinois.edu/wp-content/uploads/2016/09/FY08_pfa_contact_list.pdf Mah nih amah tein a tuahmi tuallengsianginn dihlak, County nih tawltreto cazin pawl
- <http://ilheadstart.org/membership-services/agency-list/>
Illinois ah Head Start prokarem pawl dihlak cazin pawl
- <https://www.inccrra.org/>
Illinois Ngakchia Zohkhenhnak Thilri ahrampi & Kuatchinmi Riantuanpiaknak pawl Network nih a langhtermi pine huap in ngakchia zohkhenhnak lei hmuhkhawhnak ahrampi
- <https://eclkc.ohs.acf.hhs.gov/center-locator>
Head Start Center Hmunhma langhtertu
- www.excelerateillinois.com
Tuandeu h Cawnnak Prokarem Hmunhma langhtertu

THEENAK 3

Sianginn Ah Na Fale Nih Thadeuh In Tuahnak Lei
Bawmhnak



SIANGINN AH NA FALE NIH THADEUH IN TUAHNAK LEI BAWMH NING

- Sianginn he atu le atu pehtlaihna ngeih (Na fale i cachimtu pawl le hawikom pawl hngalh.)
- Na fale he lungdai tein um.
- Na fale i sianginn kainak kongah ah i teltum. (Nulepa/Cachimtu tonnak zaan ah kal.)
- Sianginn ah na fale nih an i zuam ding kha i ruahchan.
- Khawleih sianginn asilole chawlehna lei sianginn kong kha na fa ruahter.
- Ihcaan, inn tuah dingmi rian tuah caan, tbk., kongkau ah fiang tein langhtermi zullhpung pawl ngei uh law mah pawl cu zullhter hrimhrim hna.
- Na zullhpung kha pehzulh tein zul uh.
- Bawmtu le cawmkengtu si.
- Sianginn i an cawnmi kha na fale halnak.
- Na fale kha a tling khitkhet si dingah i ruahchan hlah. An palhmi pawl kha cohlang law an hlawhtlinna pawl kha thangthat hna.

Hmuhkhawhna Ahrampi: Reginald Clark, Innchungkhar Nunnak le Sianginn lei Hlawhtlinna: Zeiruanga ah a Sifakmi Minak Ngakchia pawl an Hlawhtlin asilole an Sungh.

INN I TUAH DINGMI RIAN

Inn i tuah dingmi rian (homework) tuah dingah na fale nih harnak an tong maw?

- Inn i tuah dingmi rian lim khawhna hmun inn chungah a hlei in ser kha a thahnemmi a si tawn (hihi cu coka cabuai a si kho). Ngakchia pawl carel dingah meiceu zalak in a um maw? TV phih a si maw?
- Inn i tuah dingmi rian tuahna kongah zullhpung ser kha a thahnem; tahchunhna, TV zoh hlan ah inn i tuah dingmi rian lim hrimhrim ding.
- Na fa nih sianginn lei he aa pehtlaimi thilri pawl zalak in a ngei maw?
- Na fale nih inn i tuah dingmi rian an tuahna ah an i harh i na bawmh khawh hna lo ahcun, bawmhna caah nan umna hmun i Homework Hotline kha pehtlaih na duh men hna lai. Chicago hmunhna chungah, Homework Hotline nambar cu (312) 645-5555 a si. Bawmhna cu Cacawn Nikhat in Cacawn Nili zanlei 5 p.m. in 8 p.m. tiang ngah khawh a si.

CACHIMTU PAWL HE RIANTUANTINAK

Sianginn tonpumhna tuah lio ah na fale i cachimtu pawl he nan i ton caan ah, na ngeihmi biahal awk asilole siaherhmi pawl kha a hlankanh in cazin tuah na duh men lai. Theihter thantu pakhat bantukin cazin kha i put. Hi

pawl cu na fale i cachimtu pawl he nan i ceihmai khawh dingmi thil cheukhat an si:

- Ka fale i tikhawhmi pawl zeidah an si?
- Khoika maw zawn ah ka fale nih a hlei in bawmhnak pakhat khat an herh maw?
- Sianginn kai ni zan paohpaoh ah ka fale nih inn i tuah dingmi rian tuah nak dingah caan zeizat an hman a herh?
- Inn i tuah dingmi rian pawl lei ah an i mer cang maw?
- Sianginn ah ka fale nih tha deuh in tuah dingah ka tuah khawhmi zeital a um maw?
- Cacawnnak lei ngah khawhmi a um maw?
- Ke fale nih hawikom pawl an ngei maw?
- Ka fale i cacawnnak khan pawl chungah zaanghlei cawi in riantuan dingah keimah caah caantha sunglawi pakhat khat an um maw?

Cachimtu pawl le nulepa hmunkhat ah riantuantinak caah a thami lampakhat cu thanchonak a herhmi a fiangbakmi ziaza pawl char ding le ngakchia nih a thami ziaza an hmanmi paohpaoh tialmi "Thawngpaang Tha" timi kha inn ah kuat dingin cachimtu kha fial. Na fale kha "Thawngpaang Tha" timi tialmi caah thangthatnak tampi pe hrimhrim hna law ahlei in danghnak he laksawng pe hna.



NA FALE CARELPIAKNAK

Na hngalh zong hngalh lo zongah na fale caah i zohchunh dingmi na si. Ngakchia pawl nih an hmuh pengmi minung pawl i tuahsermi le biafang pawl sinan an cawn. Nangmah kha nan fale i a hmasabik le a biapimi cachimtu na si. Biaruhnak, biangaih piaknak, awthang in carelpiaknak hmangin na fale he caan tamdeuh

na hmanti ahcun, na fale kha carel duhnak lei ah an thangcho deuh men lai.

Na fale sin i awthang in carel tikah, i chinchiah: A biapimi cu na carelmi aw i hla vuak nining awchuahmi pawl kha ngakchia pawl nih theih pengmi ah an cang i ahlei deuh a simi, a himmi ni caan he cucu an i pehtlai. Na fa sin i carelnak theihternak tuah ding kha a tuantuk bal lo. Ruahnak cheuhmi tamdeuh hmuhnak caah lamhruaitu cahmai 38 i *"Tong, Chim, Rel le Lente i ceh"* timi kha zoh.

Nangmah kong tawltrelyu nih nangmah he careltinak a biapitnak kha an ceihmaipi lai. Na cawn cangmi ceihmai ding le na fa sinah thangpiin relpiaknak a takin tuah dingah caantha sunglawi na ngei lai.

TUAHDEUH CARELNAK CAAH AHLEI IN TUAHDINGMI PAWL

- Na fale he i chawn u law hlasa uh
- Na fale kha nifatin carel piak hna
- Tivi zoh caan kha rikhiahpiak hna law na fale he piah awk ah aa remmi kha zoh uh
- Na fale hmai ah dai tein carelnak caan hmanna in i zohchunh dingmi dirhmun in um
- Cauk pawl chungah na falei i a huammi khen dingah zapi hmanmi caruk ah kal uh
- Zapi hmanmi caruk asilole mah umnak hmun i cauk dawr pawl ah a nuammi le manlo in ngaihmi tuanbia chim caan pawl ah kal uh

THENNAK 4

Tha tein tawlrelmi Ngahnak



NGAKCHIA PAWL CAAN NING TEIN SIANGINN KAITERNAK

A hlankanh i timhtuahnak nih zingah lungnuam loin umnak hrial kha an bawmh khawh lai. A hlankanh in na tuah khawhmi paohpaoh nih na nunnak fawiter deuh dingah an bawmh lai. Ngakchia pawl caan ning tein sianginn kaiter kha a biapi. Asinain aho paoh kha an chuncaw, inn i tuah dingmi rian, kedan le adandang he innka in chuah dih cu a har theo tawn. Thaizing caah an herhmi paohpaoh tawrel dingah, ngakchia pawl iahnak an kal hlan, zan ah minit pahra nak tamlo deuh caan na lak khawh ahcun cu nih cun an bawmh lai. Sianginn kai a zami ngakchia pawl cu an chuahnak innka pawl an zeizong vialte kha hmunkhat ah chiahnak kha bawm hna. Redio asilole TV ah ring-awn phunhnak in nuamhnak tamdeuh na tuah khawh. Mah hi chawn:

MINIT PAHRA ZAN AH AHLEHCIAH IN TUAHNAK

- **Keng in beimi asilole zal ah:**
Inn i tuah dingmi rian, Cauk pawl, Cachimtu sin in/ah minthutmi nawlpekhnak catlap asilole catialmi pawl,
Gym thilthuam le/asilole kedan
- **Innka ah:**
Kedan, But kedan, Angkileng, Luchin, Kuthruk
- **Coka ah:**
A thiangmi chuncaw rawnnak bawm

CAAN SUAISAMHMI PAWL

Inn ah na fale caah caan suaisamhmi pawl um hrimhrim seh. Tahchunhnak, ngakchia dihlak nih ih caan zeimawzat an herh (chikhat hngilhnak telhchih in), punghmaan tikholhnak caan suaisamhmi, le zingka le zan ah an haa teih. Nangmah kong tawreltu nih na fa caah a biapimi ngandamnak lei tuaktaanmi pawl cazin kha tha tein a zoh a hau.

Lungnuamh lo caan a tamdeuh deuh lio ah tahamang in na um ahcun, tahchunhnak ah, zingah ngakchia pawl sianginn an kai, zan ah zanriah timhtuah, asilole ihcaan ah, hawikom asilole chungkhat i bawmhnak na herh khawh men.

TANGKA HMUHNAK/HMANNAK TUAKNAK

Zapi bawmhnak ngahmi a si pek riantuan in hmuhmi tangka a si pek, inn hlaannak, eidin pawl le tlunkalnak caah a za dingin na tangka hmuhnak/hmannak tuaknak na timhlahm ding kha a biapi lai. Hihi na caah a har ahcun, nangmah kong tawreltu nih tangka hmuhnak/hmannak tuaknak lei lamhmuhsaknak pawl a ngei. Leiba aa khongmi na ngeih ahcun, nangmah an bawm khomi credit lei thazaang pek biaruhnak riantuanpiaknak pawl an um. Tangka na ngah tikah sii-ai na rak cawk tawn ahcun, hi tuantawnmi nolh than lengmang lo dingah atu thla ah hin zeidan na tuah khawh lai?

TANF I TONNAK PAWL

TANF i Tonnak pawl cu a biapi taktakmi an si. Zuhlphung thar pawl cu a felfaimi an si i tonnak i baunak asilole riantuannak lei cawlcanghnaak pawl ah tel lonak nih chiatnak lei aphichuak a chuahpi khawh. Hi nih hin na fale kha a hnorsuan hna lai. TANF i tonnak pawl cu na nithla relnak ah chia law tuandeuh phaknak dingah lam cung i um caan kha tampi ngei.

TLUNKALNAK

- Hmunkhat in hmunkhat ah na phanhnak ding kha a hlaankanh in timhlahm.
- Tlunkalnak tawlrel dingah nangmah bawmhtu minung he a hlankanh in chek uh.
- Riantuanpiaknak lei bawmchantu pawl sin ah tlunkalnak lei riantuanpiaknak pawl asilol tangka lei bawmhnaak pawl (citmi i thlennak kat pawl) pek dingah zeibantuk bawmhnaak pawl dah ngah khawh an si?
- Mawtaw thutdan nan ngei maw? Mawtaw nan ngeih lo hmanh ah, na fa nih minung pakhat khat mawtaw aa cit ahcun, bawhte pawl le ngakchia kum 8 tiang caah mawtaw thutdan cu upadi nih a tuahtermi a si.
- Na fale i zohkhenhtu kha hmunhma, bas lam, asilole tlunkalnak a ngah khawhmi phu he naihniaam in na hngalhter a herh maw?

NITHLA RELNAK I CHIAH

Zeipaohpoah aa telmi nithla relnak ngei (Thlahlei C ah anakmi nithla relnak pawl hmanh). Tahamang a si maw? Hnulei in dirkamhnak asilole bawmhnaak tel loin tuah ding ah a tam-tuk maw? A tamtuk tiah tuah a si ahcun, nangmah kong tawreltu sin ah chimchawn.

I chinchiah dingah adang a thami lam cu mah le mah theihterthannak tuahtu ser ding asilole bawmhnaak ngah dingah midang pawl ngeih, nifatin asilole zarhfatin in tuah a si lomi caan suaisamhmi a hlun asilole cawlcanghnaak tuah dingin a herhmi na thlen ahcun. I chinchiah an bawmtu dingah tikhalkuang asilole tikholhnak thlalang ah chinchiah dingmi catialmi pawl cu nangmah caah chia.

CHUNGKHAR RIAN PAWL LIMNAK

DAWRKALNAK, RAWLCHUANNAK, MEHHANG TUAHNAK

Dawrkalnak nih tlunkalnak a herh i eidin putnak bawmh tibantuk a fawimi rian pawl. Hihi zeitindah tlamtlinh a si lai? Ngakchia upadeuh nangmah an bawm kho dingmi na ngei maw? Eidin namnak leng na caw kho maw?

Innchungkhar rian hnokhnai pawl kha i phaw uh. Inn rian hnokhnai pawl tuannak ah an bawm kho dingin a upa cangmi ngakchia an um maw? An um ahcun, inn rian hnokhnai pawl tuan dingah caan suaisamh piak hna. Sihmanhsehlaw, ngakchia pawl nih inn rian hnokhnai tampi an tuah awk a si lo kha na lungthin chungah chia. Ngakchia pawl kha an no tuk ahcun, aho nih dah bawmhnaak a tuah kho: nulepa, inn i a ummi adang minung pawl?

INN THIANHNAK LE THILSUKNAK

An inn ah thianhhlimnak lei tahfung pawl zeimawzat tlinh dingah DCFS nih riantuanpiakmi pawl kha a fial hna. A tang i a thluamthlam in langhtermi pawl nih zulhphung zulh kho dingan an chiah lai:

- Punghmaan in thilsu law thilsuknak seh kha thiang tein chia. A caancaan ahcun thilsuk seh in thilsukmi na chuah lo i a hnawmmi thilsuk seh pawngah aa pun ahcun, thil na su lomi bantukin a lang kho men. Cun, na suk ciami kha naa chinchiah men ti lai lo i thil kha voihnih na suk kho men. A thiangmi thilsuk cia chihnak hmunlawng ngei law a hnawmmi thil pawl chiahnak adang tein um seh.
- Thiang tein chiah dingah a biapi bakmi akhaan pawl cu coka le tikholhnak khaan an si. (Rawlchuannak kha hnawt, tuang kha phiak, a rawkral khomi kha tikhalkuang chungah chia, law tikholhnak kuang le tipilnak pawl kha tawl.)
- Hmawmchiahnak pung kha punghmaan in lawnter.
- Ihnak khaan pawl cu a thiang tuk lawmmaam a herh lem lo, asinain ihnak cung i ihphah khun pawl cu an thian a hau.
- Thianhnak lei thilri pawl cu ngakchia pawl phak khawh lonak ah chia hna.

I TONNAK PAWL

Siibawi i tonnak pawl, sianginn lei meting pawl, le hliplhaunak lei prokarem pawl ah ngakchia pawl kalpinak tiang hmanh tibantuk nangmah pumpak le na fale caah i tonnak pawl a tampi nan ngei. Hi i tonnak pawl cu aa khatmi caan ah caan suaisamhmi lo ding asilole na tuah khawh lo dingin aa naih tukin caan suaisamh lo ding a si hrimhrim lai. Nithla relnak ah i tonnak pawl vialte kha tial hna law a ra laimi i tonnak pawl kha hngalh bu tein um dingah nifatin na nithla relnak kha zoh.

UPADI LEI HE AA PEHTLAIMI I TONNAK PAWL

Zeibantuk kum tlinglo, rammi asilole sualnak lei biaceihnak zung a si zongah, hi i tonnak pawl tha tein chiah dingah a fawibikmi lam cu na hmuhkhawhmi thla fatin nithla relnak ah tial hi a si.

Hmailei biaceih zung i kal thannak ding nithla pawl cu biaceihzung i na um tikah biakhiah an si tawn. Na nithla relnak kha na ken ahcun, adang a biapimi itonnak pawl he buaibai lo dingah biaceihzung i kal thannak nithla kha na hal khawh.

Biaceihzung i kal thannak nithla kha naa thlonak, sianginn, chun i zohkhenhnak caan suaisamhmi he aa ton i a buaibai ahcun, adang nan i tonnak pawl kha caan suaisamh than dingah a hlankanh in pehtlaih khawh i zuam.

THENNAK 5

Hlawhtlinnak caah Nangmah tein Timhtuahnak



TIMHTUAHMI NGEI: HLAWHTLINNAK LEI AH NAGMAH I ZUK

Naa tinhmi pawl phaknak dingah, timhtuahnak na ngei hirmhrim lai. Hlan lio i na phak bal lo hmun ah mawtaw a mawng ding na si ahcun, cuka hmun phaknak dingah zuk asilole lamhmuhsaknak pawl kha na zoh a hau lai. Timhlahmnak tuahmi cu a ngandammi le a himmi chungkhar ser dingah zeitindah rian na tuan lai timi lamhmuhtu zuk sermi a si.

DOTKHAT HNU DOTKHAT TUAHMI

Ngakchia cawnpiaknak cu dotkhat hnu dotkhat tuah dingmi rian pakhat a si. Naa timhlahmhi hmanna le na zuk zulhnak nih tawlrel khawh dingmi a hme tete ah thil pawl cu khuai an hau. Nangmah le na innchungkhar nih nan tuah a herhmi thil pawl kha aho, zeidah, khoika ah, zeiktik ah le zeitindah timi biahalnak hmanin na fianter khawh.

Tahchunhnak ah, sianginn kai kum i a thawkka ah, nangmah le nangmah hal na duh khawh men mi cu:

- Sianginn cu khoika dah a um?
- Sianginn thawk caan zeitikdah a si?
- Zeidah an i ken a herh (chuncaw ca tangka, inn i tuah awk pekmi rian, gym ca thilthuam pawl, ring-awn tummi pawl)?
- Sianginn ah anmah lawng in kal dingah an upa cang maw?
- Ngakchia pawl mawtaw na mawng piak kho hnga lai maw asilole lam na kalpi kho hna lai maw?
- An fale a lami innpa nih nanmah ta zong kha an la kho ve lai maw?

DAWNKHAANTU PAWL HRIALKHAWHLO AN SI

Innchungkhar pakhat cio nih dawnkhaantu pawl le harnak pawl an tong. Hmailei cahmai a thar pawl ah tialmi pawl tibantuk a tampu cu ngakchia cawnpiak a haumi innchungkhar pawl caah a cang bikmi an si. Dawnkhaantu pawl kha a hlankanh in na hngalh ahcun, ton dingah naa timhtuah khawh lai.

DAWNKHAANTU 1: ZIAZA PAWL THLENNAK

DCFS zultphung pawl le duhpiakmi pawl zult dingin i thimnak cu hlanlio ziaza tampi thlenternak ti zongin a sullam a ngei kho. Tahchunhnak ah, DCFS nih i hmaithlakmi ah nangmah le na innchungkhar an phaktentu harnak pawl cu tha tein sersiam lomi le a buaibaimi nunning he aa pehtlaimi an si kho men. Nan ni pawl cu zing 10 a.m. in aa thawk kho men, asilole a hnudeuh hmanh ah. Sihmanhsehlaw, atu ah naa timhlahmhi thenkhat cu rian ah, thlopnak ah, asilole rian cawnnak ah nangmah pumpak kal dingah zingka thawhnak le sianginn kainak, tuandeuh fimcawnnak prokarem caah na fale timchia in umternak asilole zohkhenhtu sin ah kalternak an si lai. Nifatin tuah pengmi ziaza thlen cu a harmi a si i caan a rau, asinain i zuamnak caah laksawng pek a phumi a si kha, i chinchiah.

DAWNKHAANTU 2: RAK I RUAHCHUNG LOMI HARNAK

I ruahchan lomi thil pawl an cang. I tonnak nan ngeihnak ni ah na fale ah an zaw kho, asilole luan lak in nan i hngilh kho men. Hi bantuk thil pawl a can ahcun, zeidah na tuah lai? Tlolhmi i tonnak pawl kha na fal (file) ah rikawt an si, na nunning kha aa thleng lo bantukin na lang kho i duh a nung lomi zohfelnak tihnung na tong kho men. A hlankanh in timhlahmnak nih um na herhnak hmun ah a caan ning tein um khawhnak an bawmh lai i thannak na tuahmi kha langhter. A hlankanh in naa timhlahmhi um ko bu ah, i ruahchan lomi thil pawl a cang kho. An tuah tikah, nangmah kong tawltreto kha pehtlaih colh law zeidah a rak cang timi kha chim.

DAWNKHAANTU 3: VOIKHAT TUAH DINGIN ATAMTUKMI

Tha tein timhlahmhi um loin, voikhat ah tamtuk halmi a lomi na ton khawh men. Ahmuh tawltreto pawl tampi na ngeih ahcun, buaibainak siamremhnak caah lamhmuhsaknak pawl an in pek khawh men; asilole an lamhmuhsaknak pawl zulh dingah tuah na herhmi vialte kha an tuaktaan men lai. Hihi a can tikah, na lungretheihmi pawl kong kha nangmah kong tawltreto kha chim colh. I tonnak pawl le meting pawl a sining bakin chiahnak bawmh dingah nifatin nithla reknak hmanna cu a thahnemmi a si kho men!

DAWNKHAANTU 4: TLUNKALNAK

Nangmah ca i a nganbik dawnkhaantu pawl chungah pakhat cu tlunkalnak a si kho men. Mawtaw nan ngeih lo ahcun, a hlei in timhlahmhi na tuah a herh. A caan ning in um na herhnak an phakpi tu dingmi zeibantuk bas asilole tlanglawng dah a si timi na kawh a hau lai. Bawmhak caah nan umnak hmun i zapi tlunkalnak kong le lamhmuhsaknak hmun kha pehtlaih hna.

A hlei in khualtlawn caan ngeihter hna. Punghman bas asilole tlanglawng citman caah a za dingmi tangga hmuhnak/hmannak tuak. Tangka na chambau ahcun, khualtlawn na herh ni hlan ah tlunkalnak man pawl caah nangmah an bawm kho dingmi riantuanpiaknak pawl kha hngal hna. Bawmhak caah nangmah kong tawltreto kha pehtlaih.

Mawtaw na ngeih ahcun, aamahkhaan, gas, minkhumhnak le zohkhenhnak caah thla fatin tangga hmuhnak/hmannak tuak.

DAWNKHAANTU 5: MIDANG PAWL I BAWMHNAK I RUAHCHANHNAK

Kan dihlak nih midang sinin bawmhak kan herh, a hlei in harnak ton lio ah innchungkhar le/asilole naihniham hawikom pawl sinin zawnruehnak he bawmhak cu a thahnem khomi a si. Sihmanhsehlaw, a caancaan ahcun minung hna i bawmhak an i ruahchan i ngah hnu ah, dawtnak leiba cham an hmang ti lo.

Nangmah le na fale an bawmtu minung kha an rian, an caan le thazaang pekin an in bawmh hna kha hngal. Bawmtu pawl nih lawmh an herh, thil hme tein langhter a si zongah; cun a herh ahcun dawtnak leiba na chamthan ding kha an zumh hrimhrim

lai. Tahchunhna ah, nan pi nih na fale zohkhenh piaknak in an bawmh hna ahcun, amah pumpak caan ah tuah ding rian a karhmi pawl le a hlei in a tuan dingmi kong kha tuakpiak. Zeitindah na lawmh khawh lai? Zeitindah a fawi deuhmi dirhmun ah na serpiak khawh lai?

Zohkhenhtu na si i nulepa nih naa zuannak pawl kha an in thangthat lo i fialmi a tamtuk ahcun, nulepa he cu kongkau cu nan i ceihmai a hau men lai. Nan innchungkhar kong tawreltu nih nulepa he chawnh ningcang timhtuahnak ah an bawmh khawh lai i nan i ceihmainak ah i tel kha a thahnemmi ah a hmuh khawh men.

DAWNKHAANTU 6: UPADI LEI HARNAK PAWL

A luancia caan khat lio ah biaceihzung kal ding na rak tloh sual, asilole tawrel loin a taangmi sualnak na ngeih ahcun, nangmah tlaih dingah nawlchuah a si kho men.

A fiang bakmi tlaih dingin nawlchuahmi na si i cu kongah zehmanh tuah loin na um ahcun, zeitik caan paoh kha tlaih khawhna ah na si: tahchunhna ah, mawtaw lam a pih tuk ruangah dirter na si ahcun. Palik nih minung pakhat khat ah an dirter caan paoh ah, tlaih dingah nawlchuahmi sinak ah an chek. Kumtling lo Biaceihzung ah na kal i Pine i Sihni nih tlaih dingah nawlchuahmi na si a hngalh ahcun, Pine i Sihni nih palik asilole penguk sin ah tlaih dingah nawlchuahmi na si thawngthanh



kha a rian a si i biaceihzung in na chuah tikah tlaih khawh na si. Hihi cu nangmah ca he na fale ca he a can dingah a thabikmi caan le hmun cu si dawh a si lo. A thadeuh in tawrel khawhna ding lamdang an um ko.

Tahchunhna ah, mah umnak palik zungah mah tein va kal i tlaih dingah nawlchuahmi na sinak kha na tawrel khawh ko. Biaceihntu hmai i thilsining chimphuannak ngeih dingah kalpi na si hlan, a tlawmbik zaan khuadei tlaih na si men lai.

Nangmah kong tawreltu nih mah tein sualphuannak ah an bawmh khawh men, cu ticun biaceihntu hmai chuah hlan i hrennak hmun i um caan kha na hrial khawh men lai. Nangmah kong tawreltu nih bawmh a herh ahcun, Phuthen i Upadi lei Riantuanpiaknak Zung nih tuahto ning hmangin a kalpi lai. Cun, nangmah ahmuh (case) kha biaceihzung i a um ahcun, nangmah ahmuh caah riankhinhmi Zapi Dirkamhtu kha na pehtlaih khawh asilole nangmah pumpak sihni nih tlaih dingah nawlchuahmi na simi nangmah tein sualphuannak an bawmh khawh.

Cun, tlaih dingah nawlchuahmi na si kha na hngalh asilole na lunghrinh ahcun, thlopnak prokarem na thawk hlan ah tlaih dingin nawlchuahmi na sinak kha na thianh ta dih a hau lai. Thlopnak prokarem tampi nih tlaih dingin nawlchuahmi mizaw pawl thlop kha an duh lo aruang cu thlopnak a dih hlan ah tlaih khawh le thongthlak khawh nak tihnung ah na um.

A biapimi cu a ngandammi le a himmi nan innchungkhar sersiamnak na thawk bantuakin tlaih dingah nawlchuahmi sinak paohpaoh kha na thianh dih a herh.

NULEPA NIH MAH TEIN ZOHKHENHNAK

Hringtu nulepa pakhat si cu hnek a haumi a si kho. Nulepa hna nih mah tein i zohkhenh dingah lam pawl kawl dingah caan dang tein i chiah kha a biapi. Nulepa nih mah tein zohkhenhnaak cu idinhnaak, siarem tein umnak le midang pawl sin i kalnak lam kawlnak i a fonhmi a si. Eksisai tuah, biakinn ah kal, zaangleknak tuah le adang hliphlauknak phun pawl tuah cu nunning sersiamnak, lungretheihmi tlauternak le a thadeuh in khuaruahnak ngeih dingah lamtha an si.

NAUPAWI KHAMNAK

Nangmah tein naupawinak le nupa sinak tuahnak in chonhmi zawtnak in kham dingah a hlei in naa ralrin a hau. Nai tein nau na ngeih ahcun, nau na ngeih hnu zarh ruk chung siibawi i cheknak ngeih dingah caan suaisamh hrimhrim. Hihi zeibantuk naupawi khamnak phun dah na hman lai timi i ceihmai caan a si.

Kham ningcang tampi an um, thathnem le takpum ah hnorsuannak pawl an ngei cio hna. Hlanlio na ngandamnak le nunning tuaktaan chih in, aa tlak bikmi kham ningcang kawl dingah na siibawi he riantuanti uh. Kham ningcang a tampi chung in, kondom pawl (condoms) lawng nih nupa sinak tuahnak in chonh khawhmi zawtnak pawl in an kham khawh lai. Nu nih hmanmi kondom pawl zong ngah khawh an si. Hi pawl he hin, naupawi khamnak siidinmi pawl, IUD, asilole naupawi khamnak ca siichunhmi tibantuk adang naupawi khamnak zong hman na duh men lai.

Title X cu naupawi khamnak le naupawi thannak he aa pehtlaimi ngandamnak lei zohkhenhnaak riantuanpiaknak tangka a bawmmi ramkomh prokarem a si. Innpa ah Title X seekhan tampi an um. Seekhan hmunhma pawl cazin caah nangmah kong tawltreto kha hal.

NANGMAH LE NA FALE CAAH PAKHAT LE PAKHAT I TUAHTONHNAK LEI BAWMHNAK LAMHRUAITU

Atu lio le hmailei ah nangmah nih na ngah khawh dingmi bawmhnaк tampi an um ko. Na fale kha Ruah lo piin Bawhte Thihnaк lei Zawtnaк (SIDS) in kham ning, nan inn himnaк thanchoter ning, na fa carel piak ning le adangdang an chim khomi thilri pawl kha nangmah kong tawlreltu nih a ngei. A tang i langhtermi cheukhat bawmhnaк pawl hi nangmah kong tawlreltu nih an pek khawhmi a si.

BAWMHNAK LEI RUAHNAK CHEUHMI PAWL

- *Ihngilhnaк Campaign ah Kirthan* (SIDS casual)
- *Bawhte le Lamkal a thiamka pawl caah Mei lei Himnaк he aa pehtlaimi Nulepa Lamhruaitu*
(Mei lei Himnaк le Runvennaк)
- *Na Fa kha Kup...Na Fa Kha Thin Hlah!*
(Bawhte Thinnaк nih A chuahpimi Zawtnaк kong tialmi casual)
- *Puarhrannaк lei Runvennaк* (Meithal lei Himnaк le Puarhrannaк lei Runvennaк)

Hmailei caan i inn, sianginn, asilole zapi hmanmi caruk ah computer in rian na tuan tikah, hi web site pawl cu chek hna. (Computer na hman khawh lo ahcun, hi Web sites pawl in cahmai pawl catlap in chuah dingah nangmah kong tawlreltu kha fial.)

- **www.coderedrover.org** – Inn himnaк hmun
- **www.usfaparents.gov** – Mei himnaк hmun
- **www.fathers.com** – A thami pa sinak caah a takin tuah dingmi bawmhnaк
- **www.cpsc.gov** – A caancaan ah ngakchia i thilri pawl cu "fimthan" an si. Mah a sullam cu na hman khawhmi thilri kha a chambaumi a si kho men i na fa caah tihnunnaк a chuahpi men lai. Hi thilri himnaк Web site hmaningin thilri fimthannaк kong kha na hngalh khawh lai.
- **https://www.erikson.edu/fussy-baby-network/**
Phunciarmi Ngakchia Network
- **https://www.youtube.com/watch?v=yBBiG6e4xRw**
Angandammi Bawhte pawl caah B'More 'Ahimmi Hngilhnaк'
- **https://www.webmd.com/parenting/baby/video/soothing-techniques-for-baby**
Ngakchia muai Ningcang pawl
- **https://www.safekids.org/**
Vawlei cung huap Ahimmi Ngakchia pawl

THLAIHHLEIMI A

SIANGNGAKCHIA LE CACHIMTU DIRHMUN BANTUKIN TLEIRAWL NULEPA

SIANGLAIRUUN FIMCAWNNAK I ABIAPITNAK

Khawleih sianginn (college) kai na duh asilole riantha hmuh na duh ahcun sianglairuun in buaih ngah a herh.

Nihin kan chan ah cun, sianglairuun in a chuakmi tleirawl pawl cu rian tha a tلامي an tlawm. Anmah le an fale cu sifahnak he an nunnak dongh te dawh an si.

Rian a tuanmi nulepa nih an fale caah thatnak lei in zohchunh tlak bak sinnak kha an pek hna. Rian tha a ngeimi nulepa nih ngakchia pawl i thinlung umtuning thatnak lei a bawmh hna ning kha a langhter.

Sianginn i hlawhtlinnak cu punghmaan in sianginn kainak, inn i tuah dingmi rian tuahnak le camipuai pawl caah cazohnak cungah aa hngat. Nulepa dirhmun in bu he aa pehtلامي thiamnak pawl na cawnmi vialte nih siangngakchia pakhat dirhmun in na rian i na hlawhtlinnak kha a bawmh khawh. Nangmah pumpak caah le na fa caah, na tuah khawh ko!

INN I TUAH DINGMI RIAN

INN I TUAH DINGMI RIAN LIMNAK AH HARNAK NA TONG MAW?

Nangmah kong tawltreitu nih cazohnak dingah nangmah ca i a thabik hmun kawlnak kha an bawmh khawh lai. Tahchunhna ah, cheukhat tleirawl pawl cu coka cabuai ah cazoh an duh; adang pawl nih an ihnak cungah cazoh an duh (na fa kha upa ihnak ah zeitikhmanh ah chiah lo dingin a si kha i chinchiah aruang cu tlak khawhna le mah tein fahnak i pek khawhna tihnung dirhmun ah an um). Asinain cheukhat tleirawl pawl cunak in mahte lawng deuh in um kha an herh. A nomi nulepa pakhat dirhmun in, an zuamcawhtu cu ngakchia no zohkhenh lio ah inn i tuah dingmi rian tuah ningcang kawh kha a si. A caancaan ah cun ca na zoh lio ah na fa kha minung pakhat khat nih an zohkhenh piak khawh, a hnudeuh in nangmah nih bawmh than ve te dingin.

Na fa chikhat an hngilh karlak ah inn i tuah dingmi rian kha lim na duh kho men asilole na fa kha zan ah caan hman in ihter naa zuam kho men, cu ticun inn i tuah dingmi rian tuah dingah caan na ngei rih lai. Na fa caah punghmaan chikhat i hngilhnak le ihcaan suaisamh piakmi pawl nih na cacawnnak pawl pehzulh khawh dingah an bawmh men lai.

Cacawnnak ah harnak na ton ahcun, cachimtu asilole a hlei in bawmhna kawlnak kongkau ah nangmah kong tawltreitu, nan sianginn i thazaang peknak lei biaruahtu asilole nan cachimtu sin ah chimchawn.

NGAKCHIA PAWL CAAN NING TEIN SIANGINN KAITERNAK

Caan ning tein sianginn kaiter kha a biapi. Cu a sullam cu a caan ning in thawhna le tawltreina a si. Zan fatin ih hlan ah tuah dingmi thil cazin cheknak pawl ser. Hi pawl cu ruahna cheuhmi cheukhat an si:

SIANGINN KAI ZAN AH AHLEHCIAH IN TUAHNAK

- Na fa zohkhenhnak lei timhlahmhi kha thaizing caah zohfel
- Ralrinnak petu suimilam chia
- I hruk dingmi pakhat khat pharh
- Keng in beimi asilole zal ah:
Inn i tuah dingmi rian
Cauk pawl
Gym thilthuam/kedan/thilri pawl
Chuncaw
- Innka ah:
Kedan asilole but kedan
Ngakchia tommy zal le kal ding timhcia um

A hlankanh i timhtuahnak nih zingah lungnuam loin umnak hrial kha an bawmh khawh kha i chinchiah. A hlankanh in na tuah khawhmi paohpaoh nih na nunnak fawiter deuh dingah an bawmh lai.

NA ZAL KHA TOM!

- Bawhte zal
- Thawl pawl
(thawl pawl kha a hlankanh in timhtuah law tikhal kuang chungah timhcia in chia hna)
- Daipal pawl (Diapers)
- Takpum thuhmi/Ungsi
- Sam nih a herhmi pawl
- Cauk pawl
- Lentecelhnak pawl
- Thilthuam thlennak
- Puan
- Siidinmi pawl (pakhat khat a um ahcun)
- Angki leng, luchin, kuthruk, but kedan, ruah a khangmi angki
- Zohkhenhtu caah chinchiah dingmi
(na fon nambar, bawhte sii din caan suaisamhmi, sii i ziak lomi pawl, siibawi fon nambar tibantuk a biapimi lakhruak thilcang kong paohpaoh)

Hihi bantu cheknak cazin nih nangmah pumpak le na fa kha timhcia in umnak ah an bawmh khawh hna. Nangmah kong tawltrethu he, nangmah ca cazin tuah uh. Na fa nih a ngeih khawh menmi a hleikhun in herhmi pakhat khat kha telhchih hrimhrim.

A BIAPIMI FON NAMBAR PAWL



PALIK /



MEIKANGH TAWLRELNAK /



MAWZAW PHORTU MAWTA 911

SIVAI THINGNAK..... 1-800-222-1222

| Na Fale i Siibawi | Fon Nambar |
|-------------------|------------|
| | |

| A naibikmi Siizung Lakhrvak thilcang tawltrelnak Khaan | Fon Nambar |
|---|------------|
| | |

| Ahmuh tawltreltu | Fon Nambar |
|------------------|------------|
| | |

| Ngakchia hna i Hringtu pa | Fon Nambar |
|---------------------------|------------|
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| Mah umnak i Zapi Ngandamnak lei Phuthen | Fon Nambar |
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| Innpa | Fon Nambar |
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| Chungkhat | Fon Nambar |
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| Hawikom | Fon Nambar |
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THLAIHHLEIMI B

RIT-HAI SII NINGCANG LOIN HMANNAK LE FALE CAWNPIAK



NUAMHSAIHNAK LE FALE CAWNPIAKNAK CAWH HLAH

Rit-hai sii na hmanng kho lo i nulepa tha si. Na fa pawngkam i thinlung phundang buin asilole rit buin um cu tihnung a si. Rit-hai sii nih na khuaruahmi a thlen, na biakhiahnak a chambauter, daithlang in an chiah, i nangmah le na fa pawngkam i thil a cangmi rang tein leh

khawhnak na ngeihmi a hnawltter. Zuu le rit-hai sii pawl nih a thami biakhiahnak pawl na tuah khawhnak kha a hnorsuan fawn i a chiami biakhiahnak pawl i aphichuak pawl kha thihnak tiang a chuahpimi a si kho men. Thilcang pakhat a ummi ah, hringtu nu pakhat nih a thinlung phundang in umter dingah a fa kha bizu chungah a rak i lutpi. Ngakchia cu a nu nih a zukmi cocaine akhu a dawp i a rak thi. Adang thilcang pakhat a um rihmi cu, a fa nih a phak khawhnak chungah cocaine sanhnak zal kha a chiahtak i ngakchia nih cocaine a ei i a rak thi.

Punghmaan in zuu le/asilole adang rit-hai sii a dingmi minung pawl nih an fale cawnpiaknak ning tampi kha midang ruahnak le tuahsernak an i hrawmmi kha an hngal lo kho men. Rit-hai sii a rak hmanngmi na si asilole nangmah kong tawltreitu nih rit-hai sii ningcang loin hmanna lei zohfelnak caah a herh tiah biakhiahnak a tuah ahcun, nangmah kong tawltreitu nih mah bantuk riantuanpiaknak pawl tawltreinnak ah an bawmh lai. Zuu asilole rit-hai sii hmanna nih fale cawnpiak khawhnak a hrawh ning le nulepa le ngakchia an pahnih caah ruahlo piin nunnak a thihpheihmi thilcang pawl le hliamhma putnak a tam ning kha na hngalh a herh lai.¹

Rit-hai sii asilole zuu din ruangah zaangba in a ummi nulepa nih ngakchia pakhat kha thangthat asilole zawnruahnak aa telmi lamhmuhsaknak le aa tlakmi dingrep pek khawhnak tlawmte lawng a ngei. Rit-hai sii asilole zuu nih hipmi tangah a ummi nulepa nih tihnung dirhmun ah a chiah kho tu ding a cawlm, thil hngalh a duhmi ngakchia pawl kha lehnak a an tuah kho men lai lo. Cu lengah, i sumnak i lunglawmhlonak, tampi rawl a eimi asilole a cawl tuk lawmmaammi ngakchia pawl he fonh in nulepa pakhat dirhmun in ngakchia kha daithlahnak, velhnak asilole fahnak peknak a tamter. Nulepa hna nih an thinhunnak kha an thlah khawh fawn asilole an fale cungah an langhter dih aruang cu an fale sin in a takin ngah khawh a si lomi iruahchannak pawl an ngei kho men – tahchunhnak ah, kum thum a simi ngakchia nih nulepa thinhunter dingah an bawngbi kha an thurhnawmhter tiah an ruah kho men.

Zuu le adang rit-hai sii nih hipmi tang ah a ummi nulepa hna cu sianginn i ngakchia pawl hlawhtlinhnak ah chiatnak lei in a hnorsuan khawh. Rit-hai sii a duh tukmi asilole

lungthin phundang deuh in a ummi nulepa nih an fale kha an inn i tuah dingmi rian he an bawm kho hna lo. A no deuhmi chuahpi naule bawmh dingah upadeuh fale kha an i ruahchan kho men fawn, ngakchia nih upa bawmhnak an herhmi hngalhi lo in. Rit-hai sii a hmanmi nulepa cheukhat cu "ngakchia no deuh pawl zohkhenh dingah" upadeuh ngakchia in sianginn kaiter loin inn ah an umter hna. Hi nih upadeuh ngakchia i fimcawnnak kha a hnahnawhnak a pek i sianginn in a hlat in a hlatnak chin ah a chiah hna.

Na fale kha thinlung pundang in a ummi asilole zuu a rimi minung pakhat khat i zohkhenhnak tengah zeitik hmanh ah kaltaak hlah. Rit-hai sii hmanna he pehtlaihna a ngeimi puarhranna nih na fale kha tihnung dirhmun ah a chiah hna. Rit-hai sii hmanna asilole zuarna a si tiah hngalhi hmun pawl, cuka i a ummi minung pawl asilole thilsining pawl in na fale kha a hlatnak ah chia peng hna. Rit-hai sii a rak hmanmi na si ahcun, mah kong cu nangmah kong tawireltu sin ah chim.

Rit-hai sii ningcang loin a hmanmi minung pakhat cu ngakchia chuacka zohkhenhnak caah aa tlakmi a si lo. Rit-hai sii ningcang loin hmanna lei harnak teikhawh dingah fak piin i hmaithlaknak le i pumpeknak a hau. Naupawi lio asilole hringtu nulepa a si kami si lio ah hi i pumpeknak level ngah ding cu zuamcawhnak a ngandeuhmi a si kho.

¹ D. Brown & L. Peterson. (1997). Ngakchia le tleirawl pawl runvennak le thlopnak Kutken Cauk chungah ruahlo piin hliamhma putnak le ngakchia volhpamhnak le daithlanhnak. Ed. R.T. Ammewrman & M. Hersen. New York: John Wiley & Sons, Inc.

DAMTHANNAK AA PEHZULMI

Rit-hai sii ningcang loin hmanna in damthan cu a si khomi a si ko, asinain a tampi na tuah a hau lai. Na khuaruahnak le na ziaza na thlen hrimhrim lai. Thlopnak le bawmhnak le fimhring tein a ummi chungkhar le hawikom pawl i bawmhnak he rit-hai sii hmanna cu na ngol khawh ding a si kha na zumh hrimhrim fawn lai. Damthanna cu a saumi lamthluan a si, cucaah thlennak pawl tuah dingah nifatin na damthanna dingah rian na tuan hrimhrim lai. Hlawhtlin na duh ahcun ziaza ah a tang i langhtermi pawl thlennak hi a herhmi an si.

NA ZIAZA I THLENNAK PAWL AH AA TEL HRIMHRIM DINGMI CU:

- Rit-hai sii ningcang loin hmanmi thlopnak ah kalnak le limnak.
- Zohkhenh hnu prokarem pawl ah kalnak le limnak.
- 12-Step meeting pawl kainak.
- Hmunhma chiahnak le 12-Step bawmtu he pehtlaihna
- 12-Step ca tialmi relnak (tch., Anganmi Cauk, AA/NA/CA casual pawl).
- Nifatin nan biaruahnak pawl chungah 12-Step aupimi pawl fonhchihna A bikmi aupimpawl cu a thalomi khuaruahnak pawl hnahnawhnak a pek tawn hna (tch.,

nikhat hnu nikhat, fawi tein tuah, a sawhsawh tein chiah).

- Rit-ai sii man loin idin caan cawlcanghank pawl ah kalnak (AA, lamnak pawl, movi zohnak pawl).
- Rit-hai sii a tong lomi he hawikom sernak le pehtlaihna (nan umnak hmun mibu khawleih sianginn i cacawnnak ah minpeknak, nan khrihfabu asilole mibu center ah zatlang nun lei riantuannak pawl ah kalnak).
- Rit-hai sii a tong lomi innchungkhar he pehtonhter thannak le bawmhna lei ningcang pawl.
- Zualdeuh thannak lei fianternak le hrialnak (minung, hmunhma pawl, le thinlung cawlcangh tukan).
- Nangmah Zualdeuh thannak lei Runvennak Timhtuahmi kha zul.

ZUALDEUH THANNAK

Zualdeuh thannak a can ahcun, lau hlah. A sungmi na si lo.

A dikmi lam cungah kir than:

- Nangmah bawmtu kha chawn.
- Tonnak ngei uh.
- Nangmah Rit-hai sii Ningcang loin ahmangmi Ruahna cheuhtu kha chimchawn.
- Nangmah Zualdeuh thannak lei Runvennak Timhtuahmi a thar kha tuah.
- Zualdeuh in na um than lio ah kham lo in nupa sinak na rak tuah ahcun, na siibawi kha tong.

RIT-HAI SII I SUMNAK IN ACHUAKMI CHAMBAUNAK LEI HMELCHUNHNAK PAWL NA HNGAL MAW?

Rit-hai sii i sumnak in achuakmi chambaunak (PAW) nih na thluak a hnorsuan khawh (khuaruahna, lungthin dihum in peknak, umtu hoiher le chinchiahna). PAW hmehchunhna pawl cu rit-ai sii a donghna bik na hman hnu ni 7-14 ah aa thawk kho i thla 18 tiang a rau kho. A tang i hmehchunhna pawl chungin pakhat khat na ton ahcun, nangmah rit-hai sii ningcang loin ahmangmi ruahna cheuhtu, nangmah bawmtu, asilole nangmah kong tawreltu hi i ceihmai uh. I chinchiah, hi hmehchunhna pawl cu an tlaw te lai, asinain nangmah cu rit-hai sii tongh lo in na um thai hrimhrim lai.

RIT-HAI SII I SUMNAK IN ACHUAKMI CHAMBAUNAK LEI HMELCHUNHNAK:

- Fiangfai in khuaruah i harnak
- Thinlung umtuning le ziata lei tawrel i harhna
- Lungnuamh lonak tawrel i harhna
- Hngilh i harhna
- Chinchiah i harhna

Advice for parents and caregivers on safe sleep, setting babies, and storing methadone.

Keep Your Child Safe

Office of the Inspector General
Department of Children and Family Services
Sources: New South Wales Department of Community Services NSW Health;
National Institute of Child Health and Human Development

Your Baby Should Always Sleep:

ALONE. Your baby should always sleep alone in a crib. To feel close to your baby you can keep the crib in your room.
On their BACK. Healthy infants should always be placed on their backs to sleep.
In a CRIB. Your baby should sleep in a safe crib with a firm mattress. Never place your baby on soft objects. Never place bumper pads, pillows, or other loose items in the crib.
In a SAFE ROOM. The room your baby sleeps in should be a comfortable temperature and smoke-free. No one should ever smoke around your baby or where your baby sleeps.

Follow these guidelines to reduce the risk of death due to suffocation and Sudden Infant Death Syndrome (SIDS).

Useful Numbers: Alcohol and Drug Referral Service

1-800-622-2255

Alcoholics Anonymous

1-800-371-1475

IL Department of Human Services

1-800-843-6154

Poison Control Hotline

1-800-222-1222

Fussy Baby Network

1-888-431-2229

Mental Health/Crisis Intervention Hotline

1-800-248-7475

SIDS Illinois

1-800-432-7437

Ways to Settle Your Baby

- Swaddle your infant with a light blanket or a sleep sack. Consult with your child's doctor to determine the age at which you should stop swaddling.
- Walk or rock your baby snuggled up close to your chest so the baby can feel your heartbeat.
- Sing or talk to your baby.
- Offer your baby a clean, dry pacifier at sleep time.

Never Leave Methadone Where Your Child Can Access It

Even small doses of Methadone can KILL your baby or child. If you child has swallowed methadone they may:

| Turn pale | Develop a cold, sticky, sweat | Become unconscious | Make unusual snoring/gurgling noises | Breathe with difficulty |

If you believe your child has ingested Methadone, call 911 immediately.

Don't keep it under
your bed.



Don't keep it in
the fridge.

Don't put it in
other containers-it
could be mistaken
for something else.



**DO store your
methadone in:**

- ✓ a locked cupboard,
- ✓ a hidden location high
up, or
- ✓ a lockable cash box.

Don't keep it in
the car glove box.



Don't keep it
in your bag or
purse.



Don't take
your methadone
dose in front of
your children.



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| Age | HepB Hepatitis B | DTaP/Tdap Diphtheria, tetanus, pertussis (whooping cough) | Hib Haemophilus influenzae type b | IPV Polio | PCV Pneumococcal conjugate | RV Rotavirus | MMR Measles, mumps, rubella | Varicella Chickenpox | HepA Hepatitis A | HPV Human papillo- mavirus | MCV4 Meningococcal conjugate | Influenza Flu |
|--------------|---------------------|---|---|-----------------|----------------------------------|-----------------|-----------------------------------|-------------------------|---|----------------------------------|------------------------------------|--|
| Birth | ✓ | | | | | | | | | | | |
| 2 months | ✓ (1-2 mos) | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 4 months | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 6 months | | ✓ | ✓ | | ✓ | ✓ | | | | | | |
| 12 months | ✓ | ✓ (15-18 mos) | ✓ (12-15 mos) | ✓ (6-18 mos) | ✓ (12-15 mos) | | ✓ (12-15 mos) | ✓ (12-15 mos) | ✓ (2 doses given 6 mos apart at age 12-23 mos) | | | |
| 15 months | | | | | | | | | | | | |
| 18 months | | Catch-up | Catch-up | Catch-up | Catch-up | | Catch-up | Catch-up | | | | ✓ (One dose each fall or winter to all people ages 6 mos and older) |
| 19-23 months | | Catch-up | | Catch-up | | | | | | | | |
| 4-6 years | | ✓ | | ✓ | | | ✓ | ✓ | | | | |
| 7-10 years | | Catch-up | | | | | | | | | | |
| 11-12 years | | ✓ Tdap | | | | | | | | ✓✓✓ | ✓ | |
| 13-15 years | | Catch-up (Tdap) | | Catch-up | | | Catch-up | Catch-up | Catch-up | ✓ | Catch-up | |
| 16-18 years | | | | | | | | | | | ✓ | |

Please note: Cases of pertussis (whooping cough) have increased in children, teens, and adults in the last few years. Tragically, some infants too young to be fully protected by vaccination have died. Ask your doctor or nurse if your children have received all the pertussis shots needed for his or her age. Also, if you haven't had your pertussis shot, you need to get one.

What is "Catch-up?" If your child's vaccinations are overdue or missing, get your child vaccinated as soon as possible. If your child has not completed a series of vaccinations on time, he or she will need only the remainder of the vaccinations in the series. There's no need to start over.

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